THE UNIQUE BEAUTY OF SABLE ISLAND'S WILD HORSES
PAGE 80

Reader's Digest

JAN/FEB 2023

CANADA'S MOST-READ MAGAZINE

THEY'RE ALL STAFF-TESTED

50 HOME HACKS!

Fixes That **Make Life Easier**
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SARAH MEDILL/PARKS CANADA

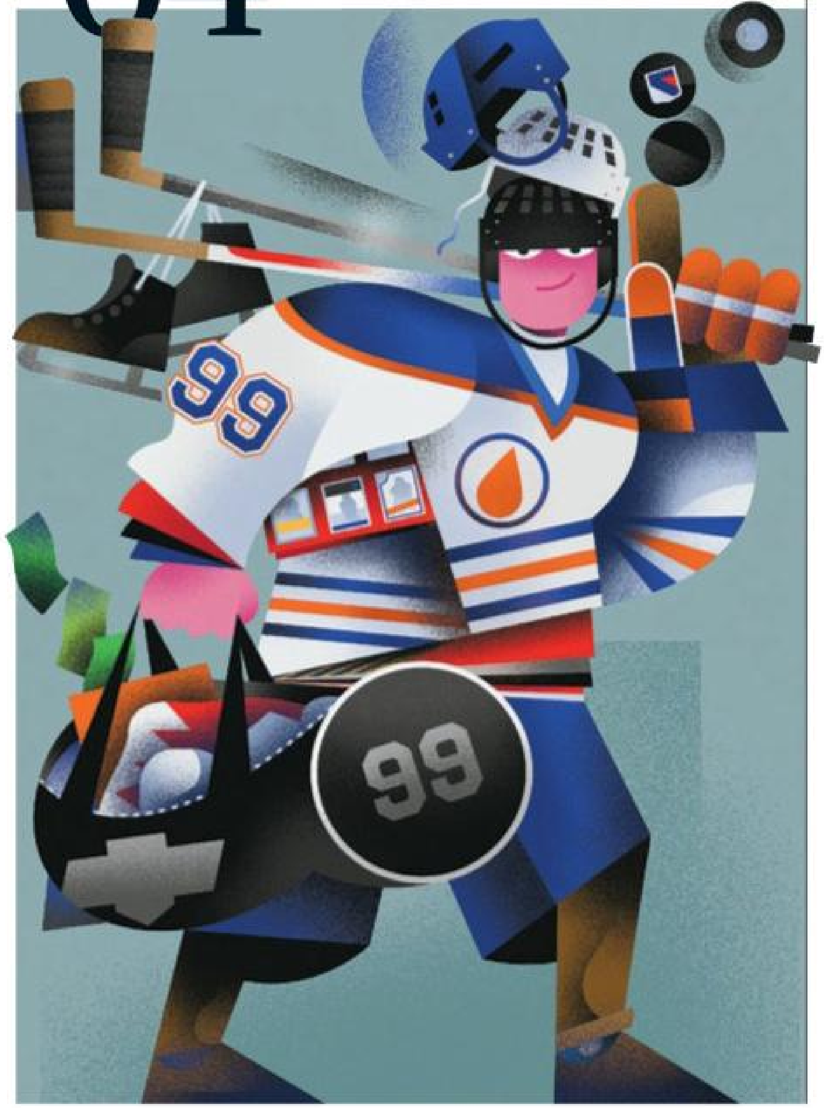


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EDITOR'S LETTER



The Hacks of Life

A while back, I found myself presenting a segment on life hacks on CTV's *The Marilyn Denis Show*. For one of the demos, I was planning to show how a coffee filter can be used to strain cork crumbs from a bottle of wine: a simple matter of holding the filter over a wineglass while you pour.

As (bad) luck would have it, while uncorking the wine before the live studio audience—and a quarter of a million viewers watching at home—I broke the cork deep inside the bottle's neck. Although I was now guaranteed to have the cork crumbs I needed for my demo, I hadn't banked on spending a full minute fiddling with a stuck cork. If I hadn't been so horrified at my clumsiness, I might have appreciated the irony: if only I'd had a hack for *that*.

That's what makes a good hack, isn't it? A trick for troubleshooting life's little annoyances, whether it's a stuck cork or a stubborn stain; a simple solution that leads to that "Aha!" moment, or a smile of satisfaction when you get to put it into practice. Some of my all-time favourites are in this issue's cover story (page 30), and I hope you'll find them worth adding to your own repertoire. All have been tested by an expert—yours truly.

And, if you happen to know a broken-cork hack, I'm all ears; send me a note at brett.walther@rd.com. Cheers!



Brett

Brett Walther
Executive Editor, Digital

(WALTHER) ASHLEY LEON; (BOTTLE OPENER) COOK SHOOTS FOOD/SHUTTERSTOCK.COM

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"Ease Your Mind"

Lam is a designer and illustrator who has collaborated with clients around the world, including Asana, GoDaddy and McDonald's. His work is characterized by vibrant colours and bold geometric forms, and has been featured in *Applied Arts* and *International Designers Magazine*. He was recently part of Adobe's Global Creators series. See his latest illustration on page 22.



VICKY LAM
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"50 DIY Solutions for Life's Little Dilemmas"

Lam is a commercial still-life photographer who graduated from the Alberta University of the Arts. Her work focuses on conceptual still life and food and can be seen in *Toronto Life*, *The Walrus* and *Best Health*. Her commercial clients include Heinz, Labatt, IKEA, Google, Hershey's and Real Canadian Superstore. Find her contributions to this issue on page 30.



MORGAN LIGHTLE
Writer, Toronto

"Ease Your Mind"

A graduate of Centennial College's journalism program, Morgan Lightle writes about movies, culture and LGBTQ2S+ issues. He also studied history at Nipissing University and Wilfrid Laurier University. His work has been published in *Reader's Digest Canada*, *Xtra Magazine* and the *National Post*. Check out his roundup of mental-health podcasts on page 22.



LISA FITTERMAN
Writer, Montreal

"Help! Can Anyone Hear Me?"

Originally from Vancouver, Fitterman has written stories for *The Walrus*, *Chatelaine*, *The Globe and Mail* and other publications. She won a National Magazine Award for a piece on corruption in Montreal and a National Newspaper Award for sports writing. Read her story on page 46 of one woman's survival after her car crashed and flipped.

(RAY DAK LAM) JENNY VU; (LISA FITTERMAN) JULIAN SHER; (VICKY LAM) WADE HUDSON

LETTERS



PASSED DOWN

When I was a little girl, my mom subscribed to *Reader's Digest* and shared it with her mom. Now that I'm older, I bought my mom a gift subscription that she shares with me. So three generations of my family have been enjoying *Reader's Digest*!

—CINDY MOORE, *Niagara, Ont.*

CAREFUL WORDS

When your cover story is "How to Beat Diabetes" (October 2022), could you please include which type in the headline? As a mother of an infant with type 1 diabetes, it's hard to educate people about the difference in how the different types are treated and how the condition affects her body. People are misinformed to begin with, then stories like this are published and they suddenly become experts on how I should be treating my daughter's condition.

—JAMIE TRETHEWEY-ILES, *Chatham, Ont.*

Your headline "How to Beat Diabetes" misrepresents those with type 1 diabetes. Spend a day with a child or adult with this horrible disease and you'll be amazed at what it takes to control it. Headlines like this, written without specifying what type of diabetes, promote ignorance and judgment. The disease isn't caused by an individual's lifestyle and it can't be cured.

—KATHY NOVAK, *Thunder Bay, Ont.*

TRIVIA WHIZ

"The Canada Quiz" (July/August 2022) was amazing! We had a friendly contest at a family barbecue and learned so many great facts.

—TERI HAMMILL, *Sturgeon Falls, Ont.*

PUBLISHED LETTERS ARE EDITED FOR LENGTH AND CLARITY

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Send us your funny jokes and anecdotes, and if we publish one in a print edition of *Reader's Digest,* we'll send you $50. To submit, visit **rd.ca/joke**.

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BIG IDEA

How mixing math and basketball became a winning combination for some Toronto students

A Numbers Game

BY Micah Toub

PHOTOGRAPH BY KATE DOCKERAY

SOMETIMES ONE PLUS one does equal three, as was the case when Dave McNee met Claudia Mandekic 14 years ago. McNee, then 27, was at a dentist appointment in Toronto when he started chatting with Mandekic, 30, who was working the front desk there while studying to be a teacher. When she told McNee how hard it could be to get students excited about math, her favourite discipline, he made a surprising suggestion: "Why not throw in something *they* enjoy, like sports?"

The idea of mixing basketball and mathematics got its first shot a couple years later, in 2011, when the now-colleagues—who had launched a tutoring non-profit—were invited to run a summer-school program for kids who'd failed Grade 9 math at Georges Vanier Secondary School.

When the students showed up for their first day, they weren't exactly thrilled, says Mandekic. Over the next few hours, she and McNee gave the kids techniques to improve their shooting while also helping them calculate their field-goal percentage—which, in turn, taught them about fractions and decimal points.

At the end of the game, the winning team was determined based on which group had the highest total percentage and had done the most efficient math.



Co-founders Dave McNee and Claudia Mandekic help athletes succeed at school.

"When the bell rang, they were so fixated on collecting their data and figuring out which team won that they didn't leave," says Mandekic. "I realized we might be onto something."

The classes, later named BallMatics, soon spread to other Toronto schools. "I was terrible at math," says Duane Douglas, who was a Grade 8 student enrolled in a fast-track summer program in 2014 when the founders came to Oakwood Collegiate Institute.

ALMOST ANY MATH PROBLEM, THE FOUNDERS REALIZED, CAN BE TAUGHT ON THE COURT.

"But once I started BallMatics and realized the sport I loved was directly tied to math, it made me a lot better at it," says Douglas. "Every time I played basketball, I was thinking about math."

Almost any math problem, McNee and Mandekic realized, can be taught on the court. Kids can learn how to navigate an X-Y grid to find their next shooting spot or absorb the basic principles of trigonometry based on the angle at which they release the ball.

Since its founding, BallMatics has been hitting only net. After-school programs were added, as well as a dozen teachers, coaches and volunteers. And in 2019, the organization landed a lease for a 10,000-square-foot space in Toronto's west end.

McNee and Mandekic have since established a private high school there called Uchenna Academy. At the school, which has 26 full-time students and provides subsidies for those who need financial assistance, kids with elite basketball skills can study all subjects, train at their sport and work part-time helping out with the BallMatics after-school programs.

Currently, Uchenna serves only boys, but as more girls join BallMatics, McNee hopes to change that. And for anyone who can't make it to the courts, the organization recently rolled out an app that can teach math through basketball off campus.

For three of the school's first graduates, the value of BallMatics is clear: last year, the boys landed university scholarships for their performance in the classroom, not on the court. (Though they also made the basketball teams.)

While he was in high school, Douglas—now 20 and earning a degree in education—split his time between Oakwood and Uchenna. He believes the school's commitment to academics is the key reason it's been a winner.

"If we didn't do our work, we weren't playing at the game," he says, explaining that coaches would bench kids who didn't keep up in class. "At Uchenna, we were student athletes, after all, not athlete students."


TREES FOR LIFE
Plant a tree. Thank a hero.
First responders. Nurses. Frontline workers. We're honouring the sacrifices of those who serve us by planting trees in their names. Together, we can help plant living tributes to the people who matter. Donate today at treesforlife.ca.



The drones can locate and reach victims in seconds.

USING DRONES TO SAVE BEACHGOERS

SPAIN Every year, around 263,000 people worldwide die by drowning. And while we may think that a drowning person thrashes about and waves for help, real-life drownings often happen quickly and silently.

Adrián Plazas, a former lifeguard, knows this all too well. Several years ago, he and his business partner, Enrique Fernández, witnessed a woman drowning, and despite acting quickly, they were unable to save her. This experience was life-altering for Plazas.

The industrial engineer is now CEO of General Drones, a Spanish company he founded with Fernández, who works in drone manufacturing. The two combined their knowledge to create a search-and-rescue drone that can help prevent drowning.

If a lifeguard notices a person in distress in the water, they can notify a drone pilot, who's also at the beach and can send the drone out directly to the victim. The pilot locates the victim with the help of a camera attached to the drone, which can reach them in just a few seconds.

This is important, says Plazas, because "the lifeguards have more time to arrive."

COURTESY OF GENERAL DRONES

The drone then drops a life vest (which automatically inflates when it touches the water) to the victim while lifeguards are en route. By hovering above the victim, the drone helps the lifeguard quickly locate the person who is struggling in the water.

Though the project started in 2015, Plazas says it took time to get from a prototype to a finished product. "It was important to design something specifically for the beach because it's a tough environment. You have the humidity, the sun, the high wind," he says.

To date, their drones have attended more than 60 emergencies, and have been deployed at 22 beaches in Spain. He's hoping that more investments and attention will help them expand their services to other countries.

Crisis Hotline for Immediate Mental Health Help

CANADA Everyone knows that when there's an emergency, you dial 911. But what if you're having a mental health crisis? A 2020 CBC investigation showed that 68 per cent of people killed in police encounters in Canada have suffered from mental health or addiction issues (or both).

This is part of why, later this year, Canada is introducing a new emergency number to help people experiencing mental health crises and provide suicide prevention support. When it launches, 988 will be available countrywide, and advocates hope the number will provide people in crisis with an easy way to access help either by phone or text.



ISTOCKPHOTO.COM/CESARE FERRARI

Using Company Profits to Fight Climate Change

UNITED STATES Yvon Chouinard, the billionaire founder of Patagonia, a well-known outdoor apparel brand, is often lauded for his forward-looking approaches to sustainability.

In 2022, he made his biggest move yet: He transferred ownership of his company to a trust (the Patagonia Purpose Trust) and non-profit (the Holdfast Collective), both of which will ensure that the company's profits will be used to fight environmental crises like biodiversity loss and climate change.

Chouinard said that selling the company or taking it public weren't appropriate options. "So we created our own," he wrote. "Earth is now our only shareholder."

Reigniting a Love of Reading

SYRIA In the Mediterranean city of Tartus, Syria, Mohamed Zaher spends his time manning a kiosk called Wisdom Seller, which invites passersby to stop and read from the more than 2,000 books that line its walls. To encourage visitors to stick around, anyone who reads at least 15 pages of a book gets a free coffee. The 32-year-old veteran is encouraging his fellow Syrians to get back into reading after the war made certain luxuries, including printed books, unaffordable for many of its citizens.

Zaher says reading was "therapeutic" for him during his time in battle. To keep the kiosk going, he depends on funding from affluent local citizens—but everyone is encouraged to come by. He estimates that more than 20,000 visitors of all ages have stopped by his stall since its opening.

ACTS OF KINDNESS

Harnessing the Power of Design

In Tel Aviv, summer temperatures reach the low 30s and sunlight shines down on the city for about 11 hours a day. So its residents are no strangers to hot weather. And with temperatures around the world projected to continue rising as a result of climate change, it's not going to get any easier to find respite from the heat. But where some people see problems, industrial and product designer Anai Green sees opportunity.

In 2019, she had the idea to combine her city's need for shade during the day with the chance to harness the sun for lighting at night. So she created Lumiweave, a fabric embedded with solar panels that catches up to 99.5 per cent of sunlight radiation but also stores solar power, which acts as street lighting in the evening. The fabric can be customized for any city's needs, whether fitted on a frame, like an umbrella, or hooked between buildings.

When asked about the motivation behind her design, Green says she wanted to change the way people experience their environment. "I took very basic issues and combined them."



Anai Green (right) with Lumiweave co-founder Tal Parnes

KFIR SIVAN, COURTESY OF LUMIWEAVE





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LIFE'S LIKE THAT



"I keep writing 'Stone Age' instead of 'Bronze Age' on all my cheques."

BOB ECKSTEIN

Leave a Message
My mother has a medical podcast in which she self-diagnoses her ailments. It's called my voice mail and it happens every morning at 9 a.m.

—@KIMMYMONTE

Not for Sale
Today, while out shopping, I tried on a beautiful jacket. It was the jacket of a customer trying on another jacket and now I can never go shopping again.

—@LINS_1983

Morning Goals
I always set two alarms to wake up: one for the person I want to be and one for the person I am.

—@ROASTMALONE_

Time Flies
You know you're old when your baby sister announces that she is going to attend her 50th high-school reunion.

—KATHRYN LEIER,
Onanole, Man.

Endless Menu
Until you have a dog, you don't understand what could be eaten.

—@BUNSENBERNERBMD

Generation Gap
By my age, my parents had a house and a family, and to be fair to me, so do I, but it is the same house and the same family.

—HANNAH FAIRWEATHER,
comedian

Save or Splurge
A good rule to remember for life is that when it comes to plastic surgery and sushi, never be attracted by a bargain.

—GRAHAM NORTON,
comedian

Send us your original jokes! You could earn $50 and be featured in the magazine. See page 7 or rd.ca/joke for details.



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As the world continues to change, our commitment and focus remains the same – helping to ensure the Canada Pension Plan Fund is there for generations to come. Over the past two decades our active management strategy has allowed us to build a widely diversified and resilient portfolio, designed to weather market turmoil and generate long-term returns. The sustainability of the CPP Fund remains secure.

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Pour une mise à jour sur l'état de la caisse du RPC, consultez le site **investissementsrpc.com**.

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ASK AN EXPERT

Is Marriage Still Relevant?

We ask sociologist Lisa Strohschein



BY Courtney Shea

ILLUSTRATION BY LAUREN TAMAKI

The latest statistics show marriage is on the decline in Canada. Could "I won't" be the new "I do"?
About 77 per cent of Canadian couples are married today, compared with an average of around 85 per cent in the 1980s. But if you look at the reasons behind the drop, it's not a rejection of marriage so much as the path to getting married has become less direct. It used to be that you lived with your parents and then you got married, but now there are other options and obstacles. The decline of marriage rates has been the steepest in the 20-to-29 demographic: the average age for getting married for the first time has gone from roughly 23 years old in 1970 to 30 today. For the most part, these are people who do want to marry eventually—they're just waiting.

Why the wait?
The American sociologist Andrew Cherlin talks about how marriage was once a cornerstone that marked the beginning of adulthood, whereas now it's often a capstone. It's what you do when other boxes—education, career, becoming a more fully realized version of yourself—have been ticked. In countries such as Norway and Sweden, this phenomenon is even more pronounced: almost one in five marriages occur after the couple has two children, which illustrates how marriage is a

celebration of what has already been achieved, rather than what may be achieved in the future.

Canada ranks first among G7 countries for common-law relationships. What does that tell us?
A large part of that has to do with the popularity of common law in Quebec. Demographers trace this to the Quiet Revolution, when the Roman Catholic Church lost its power over the French-speaking population and paved the way for the abandonment of marriage from the 1960s onward. But the main reason, as I've pointed out, is that there are simply more options today.

How has the role of marriage changed?
From ancient times until not even 100 years ago, marriage was often a way of fortifying or consolidating power. Look at *Game of Thrones*! And it was an economic arrangement that allowed for the transfer of property from one man (a father) to another (a husband). Women expected men to provide food and shelter, and men expected women to maintain their homes. The other important purpose was bonding you to your kinship group at a time when society was communal. Now, society is more individualist, and marriage is a form of personal fulfillment. The idea of love as a relationship glue only became popular in the 19th century. Which is great, but what happens when the inevitable headwinds come? In the past, there was more of a "grin and bear it" philosophy, but now when you're unhappy there is this sense of failure.

Given the stress of unrealistic expectations and the lack of economic necessity, what's the point?
It's about formalizing the commitment and celebrating that achievement in front of family and friends. If you look at the high uptake of marriage among LGBTQ2S+ couples following legalization, you can see that marriage isn't going anywhere. Partly that's about access to the same rights and legal protections, but love is the top reason.

You've researched whether gender impacts how a person benefits from being married. Does it?
The notion that heterosexual men derive greater benefits from marriage was first looked at in the 1970s, and it was true then. When a marriage was bad, the man had a professional life that could bring him satisfaction and success, whereas the woman was just stuck. As more opportunities have become available for women over time, this disparity has significantly decreased. The mental-health benefits of heterosexual marriage are now experienced equally by all genders.

Lisa Strohschein is a professor of sociology at the University of Alberta and the editor-in-chief of the journal Canadian Studies in Population.

POINTS TO PONDER



Once the Dragons look different from each other, people start to think that maybe the people in front of the panel should be just as diverse.

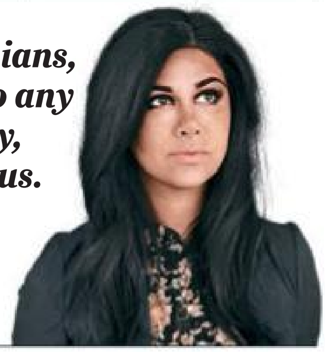
–Wes Hall, *Dragons' Den*'s first Black Dragon

THERE ARE STILL SOME DIFFICULT DAYS AHEAD FOR CANADA'S ECONOMY. TO SAY OTHERWISE WOULD BE MISLEADING.

–Finance Minister Chrystia Freeland

What happened to her struck a chord with all Iranians, myself included, because it could have happened to any one of us. Although I didn't know her personally, Mahsa was my sister, my cousin—she was one of us.

–Ontario MPP Goldie Ghamari, ON THE INTERNATIONAL PROTESTS FOLLOWING THE DEATH OF 22-YEAR-OLD MAHSA AMINI WHILE IN THE CUSTODY OF IRAN'S MORALITY POLICE



I HAD A HEADBAND AND HAIR DOWN TO MY SHOULDERS AND GRANNY GLASSES, AND THE SCIENTISTS WERE OUTRAGED THAT THIS HIPPIE IS TALKING ABOUT SCIENCE.

–David Suzuki, ON RETIRING AFTER 44 YEARS AS THE HOST OF CBC'S *THE NATURE OF THINGS*, TV'S LONGEST-RUNNING SCIENCE SERIES



We all need to learn to be resilient in the face of change, and this is an important and accessible practice to do that.

–B.C. artist Day Schildkret, ON MAKING ALTARS FROM OBJECTS FOUND IN NATURE TO HELP PROCESS GRIEF

PHOTOS: (HALL) COURTESY OF CBC; (GHAMARI) OFFICE OF GOLDIE GHAMARI, MPP CARLETON; (SUZUKI) COURTESY OF CBC

The idea that you have to be happy by yourself—like, 'Go be alone and be happy!'—that's bulls**t to me. You become really happy on your own when you know you have connections out there.

–Carly Rae Jepsen, ON THE CONCEPT BEHIND HER LATEST ALBUM, *THE LONELIEST TIME*



ALL PLAYERS HAVE GOOD AND BAD MOMENTS, BUT THE BEST ONES FIND A WAY THROUGH, EVEN IF THEY AREN'T HAVING A GOOD DAY.

–Rising tennis star Félix Auger-Aliassime



THEY'RE BURNT OUT, STRUGGLING AND MANY OF THEM CAN'T SEE HOW THEY CAN STAY IN PRACTICE MUCH LONGER.

–Dr. Jennifer Lush, ON BRITISH COLUMBIA'S ONGOING SHORTAGE OF FAMILY DOCTORS

You need to make meaning yourself, have some way of making the universe important and finding a purpose, without relying on, 'Oh, it'll all be okay in the end,' because it might not.

–Katie Mack, Ontario theoretical astrophysicist, ON COPING WITH THE POSSIBILITY OF THE END OF THE UNIVERSE

It's a way of knowing the water, the air, everything about the earth. [Indigenous peoples'] knowledge of the weather patterns, their knowledge of how species migrate, it's this knowledge that has enabled them to survive.

–Myrle Ballard, the first director of Environment and Climate Change Canada's new division of Indigenous Science

PHOTOS: (AUGER-ALIASSIME) MATHIEU BELANGER/TENNIS CANADA; (JEPSEN) SIPA USA/ALAMY STOCK PHOTO

HEALTH



Ease Your Mind

Mental-health podcasts to add to your playlist

BY Morgan Lightle

ILLUSTRATION BY RAY DAK LAM

MENTAL-HEALTH PODCASTS ARE no replacement for therapy, but they can be an excellent resource for information and reflection. Whether you're dealing with burnout, anxiety or depression, these are an uplifting reminder that you're not alone.



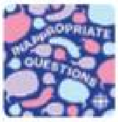
The Happiness Lab

Laurie Santos teaches a course at Yale University called Psychology and the Good Life, where she lectures on the science of happiness. Santos brings that material to a broader audience with her podcast, in which she invites mental health experts to discuss the science behind everyday emotions. You'll find episodes on avoiding burnout, managing grief and establishing rituals that produce long-term happiness.



Therapy for Black Girls

With her podcast, psychologist Joy Harden Bradford makes discussions about mental health relevant and accessible to Black women. As host, she has weekly conversations with authors and experts on personal development in the context of race and gender. She guides listeners on how to navigate white supremacy, patriarchy and misogyny in order to foster positive relationships and create spaces for inclusive dialogue.



Inappropriate Questions

This CBC podcast approaches mental health from a uniquely empathetic angle. In each episode, hosts Elena Hudgins Lyle and Harvinder Wadhwa explore how a certain question can inadvertently make the answerer uncomfortable. (For example, is it tactful to offer a blind person help if you don't know whether they need it?) Listeners get personal insights into discrimination, which may help them become more thoughtful communicators.



Disability After Dark

In each episode of his podcast, Canadian disability rights consultant Andrew Gurza has friendly, unguarded chats with people about what it's really like to live with disabilities. The host and his guests discuss their struggles navigating a world that doesn't prioritize accessibility, why that impacts their mental health and how they've come to find pride in their disability.



Depresh Mode

A salve for mental-health issues can sometimes be an honest and funny conversation—the kind John Moe has with artists, entertainers and experts on his podcast. Past appearances have included actor Patton Oswalt on the subject of grief and podcaster Sarah Marshall on attention-deficit/hyperactivity disorder. Moe's show provides grounded insights into how mental health informs the work and lives of these fascinating guests in a way that's inspiring and relatable for listeners.



Not Another Anxiety Show

Health and wellness coach Kelli Walker uses her podcast to explain to listeners that, although it can be scary, anxiety is a normal part of the human experience. Walker and expert guests describe why anxiety occurs in our brains and bodies and how it usually manifests—from stress and intrusive thoughts to panic attacks. They then provide information about coping exercises, mindfulness practices and how it's possible to live a fulfilled life while dealing with anxiety.



Seen

Few mental health podcasts are as deep and piercing as this one. Hosts Nic Wayara, a Black queer woman, and Lala Matthen, a Brown queer woman, use their platform to draw listeners into intimate conversations about mental health. The close friends are unafraid to share their vulnerabilities as they discuss success, love and their marginalized identities. Ultimately, *Seen* views mental health as being not only about the self, but about connecting to and healing one's broader community.

NEWS FROM THE
WORLD OF MEDICINE

BY Samantha Rideout



DEMENTIA NEED NOT RUIN FRIENDSHIPS

Dementia doesn't diminish a person's need for connection, but people living with this diagnosis sometimes see their friends distance themselves. It doesn't have to be this way, emphasizes a recent study published in the *Canadian Journal on Aging*.

The researchers interviewed people with dementia and their loved ones to find out how they were remaining close. Strategies included being open about the condition, accepting changes in behaviour and the relationship, and focusing on what remains accessible (like a love of music and shared memories). Other tips included providing practical support (such as giving reminders about a shared outing) and checking in with each other.

Why Thinking Hard Is Exhausting

If you've ever felt tapped out after concentrating for hours, that's because the effort is making a molecule called glutamate build up in your prefrontal cortex. When glutamate levels there are too high, they can disrupt brain function, causing fatigue and "lazy" decision making that prioritizes easy indulgences over long-term gains.

Scientists in Paris recently figured this out by enrolling volunteers to work for more than six hours on either a cognitively demanding task or a relatively easy one. The group with the more taxing assignment accumulated more glutamate, as revealed by brain spectroscopy. They were also more likely to choose a smaller, immediate cash reward over a larger one that would come months later.

The only known cure for this state? Rest.

PHOTOGRAPH BY ADAM VOORHES; PROP STYLIST: ROBIN FINLAY



Daytime Dining Is Best If You Have Type 2 Diabetes

It's not unusual to spread a day's food intake over at least 14 hours—say from breakfast at 7 a.m. until an evening snack at 9 p.m. Narrowing that window down to 10 hours could benefit people with type 2 diabetes, according to a Dutch study by researchers at Maastricht University Medical Center.

Doing so would allow the patients' bodies to reach a fasting state during the night and lower their overall blood-sugar levels.

The study's findings line up with previous research where even shorter time windows—such as eight hours—led to increased fat burning and improved insulin sensitivity in people with obesity.

Type-A Blood Linked to Early Stroke

Most strokes happen to seniors, but they're on the rise among people under 60. According to a large international review published in *Neurology,* people with type-A blood have a 16 per cent higher risk of early stroke compared to other blood types. (By contrast, the risk for those with type O is 12 per cent lower.) Type-A blood might be more prone to clotting, the researchers surmised.

That said, your blood type is only one part of your risk profile. The factors that are within your control include avoiding smoking, limiting saturated fat and managing your blood pressure.



Autoimmune Disorders Increase Cardiac Risk

Around 10 per cent of Europeans and Americans have at least one autoimmune disease, such as rheumatoid arthritis or psoriasis. In all cases, the immune system mistakenly attacks healthy organs and tissues, often causing inflammation.

New research out of KU Leuven in Belgium has shown that people with an autoimmune disorder were at least 1.4 times more likely to develop cardiovascular disease. Meanwhile, the risk more than doubled among subjects with two autoimmune disorders.

The researchers hope their work will encourage these patients and their doctors to discuss prevention strategies for cardiovascular problems—just as general practitioners already do for people living with other conditions that are known to raise the risk substantially.

(CLOCK) ISTOCKPHOTO.COM/MONTICELLO; (VIAL) ISTOCKPHOTO.COM/HARMPETI

Sleep Influences Generosity

Whether or not someone chooses to help others partly depends on how well-rested they are, concludes a report from the University of California, Berkeley. It describes a recent study that analyzed brain images from 24 volunteers after eight hours of sleep and after staying up all night. Brain areas involved with trying to understand what others might be feeling or needing were less active when the subjects were tired.

In another study from the same report, participants felt more willing to perform kind actions, such as helping an injured stranger or volunteering for a worthy cause, after a decent night's sleep. A third study looked at the overall level of charitable donations throughout the United States and noted that it temporarily dropped by around 10 per cent each spring—but only in places that observed daylight saving time, where people lose an hour of sleep on the night the clocks move ahead.



All these results suggest that insufficient sleep makes us less compassionate and helpful. In developed countries, more than half of adults don't get enough sleep during the workweek, but we should all start valuing adequate sleep rather than treating it like something optional or unproductive, argue the co-authors. They say it benefits everyone around us by allowing us to be the best versions of ourselves.

Some Gadgets Don't Work Well on Dark Skin

Two common Covid-era medical devices don't work as well for people with dark skin, say multiple studies by North American researchers. Pulse oximeters and temporal-artery thermometers use infrared or visible light—and skin pigmentation might affect how that light gets reflected or absorbed.

It Doesn't Matter When You Exercise

Cramming your exercise into the weekend might be just as beneficial as spreading it out over the week, suggests a recent Brazilian-led analysis. The key to having a significantly lower risk of death is to clock a weekly total of 150 minutes of moderate activity (like brisk walking) or 75 minutes of vigorous activity (like running).

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MEDICAL MYSTERY

Dizzy and Deaf

Hours after a massage, her world turned upside down



BY Sandra G. Boodman FROM *THE WASHINGTON POST*

ILLUSTRATION BY VICTOR WONG

IN THE FALL of 2019, 56-year-old Catherine Nettles Cutter was enjoying a massage when she felt a jolt of pain shoot down the side of her neck into her collarbone. Then she heard the loud crack that changed her life.

"Whoa," said the massage therapist who had been turning Cutter's head from side to side. As Cutter sat up, she felt nothing out of the ordinary. But when she awoke at 7 a.m. the next day, she was violently dizzy and nearly deaf in her right ear.

A professor of food science at Pennsylvania State University, Cutter has battled migraines much of her life. So she thought the intense pressure in her deaf ear might be causing a migraine that had triggered the vertigo.

Her husband took her to a walk-in clinic, where a nurse practitioner suggested Cutter might have either a type of vertigo caused by an inner ear imbalance, or labyrinthitis, an infection of the inner ear. She was prescribed an antihistamine to treat the latter and told to see an ear, nose and throat (ENT) specialist.

The next day, Cutter felt even worse. The vertigo was accompanied by dry heaves and an inability to focus her eyes. Her husband called the clinic; a nurse told him that his wife might be having a stroke and should get to the

emergency room. But after running tests, doctors ruled out a stroke. They too suspected labyrinthitis and prescribed anti-nausea medication.

During the next few weeks, the vertigo subsided but the deafness remained. Tests showed that Cutter had lost more than 90 per cent of the hearing in her right ear. After an MRI scan ruled out a tumour, Cutter got steroid injections in her ear, which doctors hoped would restore her hearing. She also started an exercise-based therapy to reduce the effects of vertigo. None of it helped much.

Her ENT then tentatively diagnosed her with Ménière's disease, an inner ear disorder that causes severe dizziness. He also recommended a neurotologist, an ENT with expertise in the brain and nervous system.

Cutter was worried. The pressure in her ear was unrelenting, as was the tinnitus that sounded like white noise punctuated by odd gurgling.

It wasn't the first time Cutter found herself facing an issue with her neck. In 2008, she wrenched it surfing, and soon afterward, swallowing became painful and her voice dwindled to a whisper. Although Cutter told doctors something was wrong with her neck, for months they regarded the surfing accident as coincidental to her pain and damaged voice.

That changed when surgeons at Penn State Health discovered she had Eagle syndrome, a rare disorder that occurs when a piece of pointy bone that extends from the skull into the ear becomes elongated and ends up pressing on a nerve.

In Cutter's case, surgeons believe the surfing accident stimulated growth of the bone. Surgery, which restored her voice, involved clipping the excess bone.

Now, more than 10 years later, Cutter went to the neurotologist. It had been six weeks since her massage. He recommended she receive a bone-anchored hearing aid used to treat single-sided hearing loss, which she did in December 2019.

DR. CHOUDHRI HAD SEEN ONLY ROUGHLY 10 CASES OF THE CONDITION IN ABOUT 15 YEARS.

As the vertigo persisted, Cutter noticed that the position of her neck made a difference: when she lay flat on her back or turned her head, the vertigo was triggered, but lying on her left side seemed to quell it.

She was sure that her neck was key to the problem and that the massage was somehow responsible for her symptoms. But the doctors continued to search for other explanations.

One specialist ruled out Ménière's. Another suspected a type of migraine.

After one medical expert said the vertigo might be related to a blood vessel problem, Cutter got a referral to Dr. Omar A. Choudhri, a University of Pennsylvania neurosurgeon and the director of the Penn Center for Cerebral Revascularization.

When Cutter met with him in March 2020, Choudhri reviewed her history, including the Eagle syndrome diagnosis. He suspected she had a very rare condition called bow hunter's syndrome, also known as rotational vertebral artery syndrome.

A bone spur on a neck vertebra, often the result of aging, can cause the artery to pinch shut when the neck is turned. That compression obstructs blood flow to the brain, resulting in nausea, fainting, vertigo, tinnitus and visual disturbances; however, it doesn't cause hearing loss. Chiropractic manipulation and sports are activities linked to bow hunter's syndrome, which can cause a stroke.

"It's not an easy diagnosis to make," says Choudhri, who has seen only roughly 10 cases in about 15 years.

According to the specialist, imaging may miss it if the neck is stationary, while a dynamic angiogram in which the head and neck are turned can reveal it—as it did for Cutter.

Neck manipulation during the massage, Choudhri thought, placed the bone spur in contact with Cutter's vertebral artery. He recommended surgery to remove the bone spur and fuse two vertebrae in her neck.

The June 2020 procedure was successful, but didn't substantially reduce Cutter's vertigo, for reasons that are unclear. As for the hearing in her affected ear, it remained poor and the tinnitus constant. So another approach was tried in March 2021: Cutter's hearing aid was removed and she received a cochlear implant, a small device that can restore hearing in people who are deaf or have suffered profound hearing loss. It is also effective in suppressing tinnitus.

Although the cause of Cutter's hearing loss was never determined, the cochlear implant has brought her vertigo to a manageable level and slightly improved her hearing.

"I feel so much better," she says. And while she has sworn off massages, Cutter is philosophical. "I could have cracked my neck in another scenario." R

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Pros and Cons

My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better.

MARLO THOMAS

COVER STORY

THEY'RE ALL STAFF-TESTED

50 DIY SOLUTIONS FOR LIFE'S LITTLE DILEMMAS

BY Brett Walther

PHOTOGRAPHS BY VICKY LAM



CLEANING

1. INSTANT BOTTLE BRUSH If you have an ordinary kitchen sponge and a fork, then you have everything you need for a DIY bottle brush. Spear the narrowest edge of the sponge with the fork and slide the sponge down until the tines of the fork are fully covered. You can now scrub out the skinniest vessel with ease, whether it's a cylinder vase or a thin-necked carafe.

2. CLEANER GLASS Want a streak-free shine on your glass? Reach for a coffee filter instead of paper towel. The lint-free paper is perfect for wiping down everything from windows to wine glasses.

3. HOOKS THAT HELP There's nothing worse than throwing something into the trash bin—and watching the garbage bag fall in with it. This often happens when you use plastic grocery bags as bin liners, as they tend to be a bit too short for standard-sized trash receptacles. To prevent this, stick two adhesive wall hooks onto the outside of your bin (one on either side), positioned so the hooks face downward. The next time you replace the grocery bag, loop its handles through the hooks—and no matter how full the bag gets, it'll never drop to the bottom of the bin again.



4. CLEANER VASES Fresh flowers are such a lovely treat that it's often hard to bring yourself to toss them out once they've passed their prime. If you let them sit too long, though, you're left with a stubborn ring around the inside of your vase. Before you tackle the unsightly stain with your fork scrub brush (see Hack 1), fill the vase with water and add a few denture-cleaning tablets (those fizzy anti-heartburn tablets also work). Overnight, the residue will loosen, and may even dissolve altogether.

5. AN ORGANIZED DISHWASHER It's always risky washing little items like bottle lids, reusable food containers and food-processor parts in the dishwasher. Not only do they create a racket as they're flying around inside the machine, they could end up at the bottom of the dishwasher on the heating element, which might melt them. Avoid this by bundling these items in a mesh laundry bag (the kind you'd use to machine-wash your delicates) and placing it in your dishwasher's upper rack.

6. EASIER GARBAGE STORAGE If you use purpose-made bin bags, you have probably encountered

(PREVIOUS PAGE) STYLING BY CHRISTINA YAN; (THIS PAGE) ISTOCKPHOTO.COM/MICHAEL BURRELL

this: after filling the bag with trash, it forms a vacuum seal so tight that it's a struggle to lift the bag out once it's full. The solution? Take a power drill to your plastic garbage bin and punch a couple of small holes in the sides, a few centimetres above its base. The holes will allow just enough airflow to make lifting out the trash a total breeze.

7. A FLAWLESS FINISH To help prevent fingerprints on a stainless-steel fridge, apply a thin coat of car wax with a clean cloth or paper towel. Buff to a brilliant shine.

8. UPCYCLED SCRUBBERS The mesh bags that onions, avocados and other produce are sold in make fantastic pot scrubbers. Scrunch them up into a ball or wrap them around your usual kitchen sponge to make quick work of baked-on messes.

9. A SWEATER SAVER Wool sweaters are too delicate for the dryer. But using clothespins to hang them from the line to dry makes indents on the shoulders. To help them keep their shape, feed the legs of a pair of pantyhose through the arms of the sweater, pulling the toes out just beyond the cuffs and the waist out of the sweater's neck. Then, attach the pantyhose to the clothesline at all three points.

10. EXPRESS DRYING Need that just-washed load of laundry dried in a flash?



Toss a clean, dry towel into the dryer along with all the wet stuff for the first 15 minutes of the cycle. It'll absorb some of the moisture and speed up the overall drying time.

11. BETTER VACUUMING Even your vacuum's crevice tool isn't narrow enough to get the built-up crud in sliding-door tracks. For concentrated suction where it's needed most, fit an empty toilet paper roll over the end of your vacuum hose and pinch the open end to create a narrow slit.

12. TIDIER TOILET-CLEANING TOOLS The only thing ickier than a toilet brush is a wet toilet brush holder. To air-dry the brush before you return it to the holder, close the toilet seat on top of the brush handle—with the handle horizontal,

ISTOCKPHOTO.COM/GOIR

brush-end inside. As you continue cleaning the bathroom, the bristles will drip excess water into the toilet bowl.

13. A CLEANER SWEEP When a sweeping job needs to be super thorough—for example, cleaning up broken glass—reach for a roll of masking tape. Taping the edge of the dustpan to the floor will create a smooth "ramp," helping you sweep even the tiniest pieces of debris into the pan.

COOKING

14. A SOLUTION FOR STICKY HONEY The next time a recipe calls for honey, start by giving your measuring spoon a very light coating of cooking oil. The sweet, sticky goodness will slide right off.

15. FRESHER COOKIES You've just put cooled, fresh-baked cookies into an airtight container. Adding a slice of bread will keep them soft and chewy.

16. AN UPGRADED CRISPER Line your fridge's vegetable-crisper drawers with paper towel: it absorbs excess moisture and keeps produce fresh for longer.

17. SOLUTION FOR A SLIPPERY SURFACE Wrap rubber bands around the ends of your cutting board to stop it from skidding across the counter as you chop.

18. EASY INSULATION Worried about keeping the refrigerated goods you just



bought at the grocery store cool for the drive home? Keep a bit of bubble wrap salvaged from your latest Amazon order in your car. It's a terrific way to insulate everything from ice cream tubs to pop cans while in transit.

19. THE BEST BBQ BRUSH Toss out that old wire BBQ brush and go for a safer—and more savoury—alternative: slice an onion in half and spear its uncut end with a fork. With the BBQ on high, rub the cut end of the onion over the grates. It'll season the grill while it cleans.

20. INSTANT JAR-OPENER A stuck jar lid is no match for a sheet of sandpaper. Holding the sandpaper with the grit side facing the lid gives you a grip of steel. (You can also place a wide elastic band around the rim, and…voila!)

21. RIPER AVOCADOS Tired of playing the waiting game with an avocado that's hard as a rock? Pop it into a paper bag with a banana: the banana releases a

HOMESTUDIO/SHUTTERSTOCK.COM



gas called ethylene, which speeds up the ripening process.

22. EASIER GRATED CHEESE Before shredding cheese, give your cheese grater a hit of cooking spray. It'll take some of the elbow grease out of the process and make cleanup effortless.

23. NO MORE CRUMB CLEANUP Put the kibosh on crumbs! Instead of pulling a pre-sliced bagel apart, use a twisting action—the halves will separate cleanly.

24. SCISSOR SHARPENER Don't throw out that sheet of aluminum foil after you've pulled it off the cookie tray. Fold it into a wad several layers thick, then cut it into strips with your kitchen scissors: it'll actually sharpen the blades as you slice.

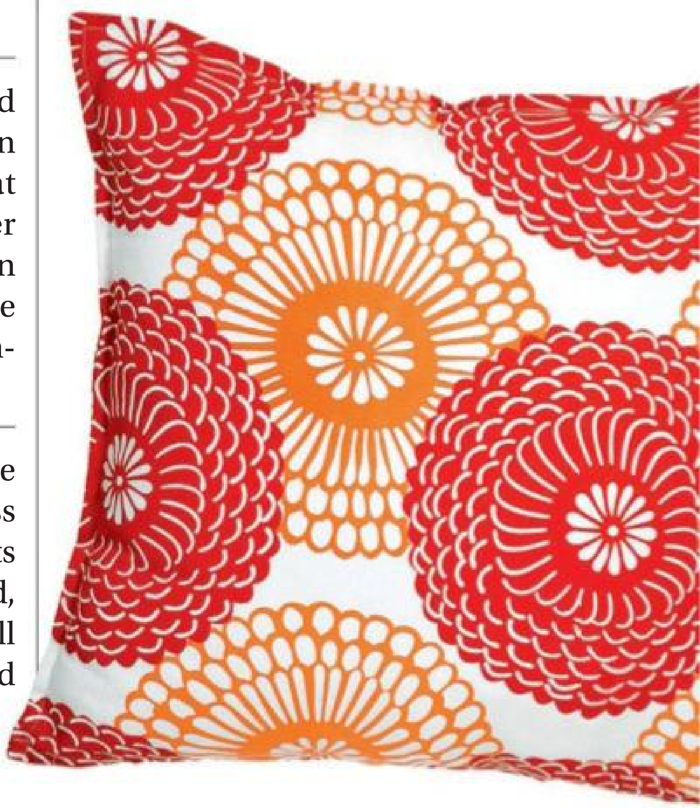
25. HOMEMADE ICE PACK Why spend money on freezer packs when you can make your own reusable version at home? Run a kitchen sponge under the tap until it's fully saturated, then seal it in a plastic sandwich bag. Place the bag in the freezer, and in the morning, just pack it into your lunch bag.

26. A NIFTY "NO-TOUCH" TOOL Next time you order pizza for a party, don't toss out the little plastic stand that prevents the pizza box lid from caving in. Instead, use it to anchor the pizza as you pull away your own slice, to help you avoid touching everyone else's.

DECORATING

27. HAMMER HELPER If you're more likely to hit your thumb than the nail's head when you're hammering, keep the nail in place by clamping a wooden clothespin onto it. Your delicate digits are now out of harm's way.

28. THE SECRET TO GREAT-LOOKING CUSHIONS The most affordable way to make over your sofa is to swap out the toss cushions. But there's no need to splurge on entirely new ones; keep the insert and find cushion covers you like. And here's a trick to making your new cushions look luxe and lofty: get cushion covers that are five centimetres smaller than the insert in both height and width.



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29. SMOOTH-LOOKING DRAPES Grommet drapes are often the most affordable option when it comes to window coverings, but they never seem to look as good as they do on display in the showroom. The secret to styling them at home is to slip a cardboard toilet paper roll between every other grommet as you're threading the drapery rod through the drapes. It'll ensure equal spacing between each fold of the drapery panel for a smooth-hanging, Pinterest-worthy look.

30. LONGER-LASTING CANDLE JARS Don't junk a beautiful glass jar candle just because its wax has been almost used up. Place the jar in the freezer overnight and the remaining wax will shrink away from the glass, making it easy to remove. (If it's still a bit stuck, break it up with a butter knife.) Wash and repurpose the pretty vessel as a pen cup, countertop utensil holder or flower vase.

31. A SPAGHETTI "MATCH" Trying to light a burned-down candle and you have only a regular-sized lighter? To avoid scorching your fingers, extend your reach by lighting a piece of uncooked spaghetti.

32. A MAKESHIFT "TAPE MEASURE" Forgot to bring your measuring tape, but need to check dimensions before you buy? Reach into your wallet: a Canadian bill is an excellent ruler, as it is exactly six inches (15 centimetres) long, no matter what the denomination. Fold it in half, you've got a three-inch measure, and so on.

33. BETTER-PLANNED PAINT JOBS Even if you know the colour of paint inside that old paint can—since it's splattered all over the outside of it—you probably can't recall exactly how much is left. Eliminate the guesswork after your next home-improvement project by painting a line on the outside of the can indicating the paint level inside. It'll save you the hassle, down the road, of prying open the lid to check.

34. EASIER MIRROR-HANGING Hanging a mirror (or any framed wall art) that has pre-drilled holes in the back can be a major headache. For an artful solution, run a strip of masking tape across the mirror's back, from the left-hand hole to the hole on the right, and use a marker to indicate the position of each



(OPPOSITE PAGE) STYLING BY CHRISTINA YAN; (THIS PAGE) KOOSEN/SHUTTERSTOCK.COM

hole on the tape. Remove the tape and reattach it to the wall in the position you want the mirror hung; use a level to ensure it's straight. Drive your screws into the two spots marked on the tape, then remove the tape and hang the piece. Stand back and admire your perfectly placed installation.

35. FRESH-LOOKING FOLIAGE Even artificial plants need some TLC. To keep those everlasting leaves looking lustrous and dust-free, give them a regular blast of (cool) air from your hair dryer. This trick also works on real plants.

ORGANIZING

36. BELT ORGANIZER Corral a chaotic collection of belts with shower curtain rings. Feed the belt buckles through the curtain ring, then hang the ring directly on your closet rod.

37. A SIMPLE SPACE SAVER Take your closet storage vertical with help from a few pop-can tabs. Loop a tab around the wire hook of a hanger, then hang another hanger from the tab's hole. You've just created a cascading pants hanger—and saved a little space.

38. INSTANT CAR ORGANIZER Is your car so scattered with items it's like a junk drawer on wheels? A shoe organizer hung from the back of the front passenger seat is a one-stop-shop for everything from tissue packets to your umbrella.

39. BUNDLED BEDDING Keep matching bed linens together by storing folded fitted sheets and flat sheets inside the pillowcases from the set.

40. A SMARTER WAY TO SHOP What to do with your reusable bags while shopping at the grocery store? A carabiner clip is the key. Loop the handles of your reusable bags through the clip, then clip the bundle to your cart.

41. TRACK YOUR TWEEZERS Never lose your tweezers again: add adhesive magnets to your medicine cabinet, onto which you can stick tweezers and other metal items like manicure scissors.

42. READY-MADE SHOE STORAGE A wine box or bag—complete with dividers—is the ideal storage solution for seasonal shoes.

43. CLEANED-UP CABLES Don't throw out those little plastic bread clips. Instead, use them to keep track of that mess of cords that lead into the power bar under your home entertainment unit. Using a felt tip marker, write the name of each device ("TV," "DVD," etc.)



ISTOCKPHOTO.COM/TAMPATRA

onto a bread clip, and attach it to the cord. The next time you've got to fiddle around with the cables, you'll know exactly what's what.

TRAVEL

44. NO MORE LOST LUGGAGE When you're packing for a flight, pop a second luggage tag inside your bag. That way, even if the tag on the outside falls off in transit, you'll have the proof you need to reclaim your luggage. Even better, put a GPS luggage tracker in your bag.

45. EXPANDED OUTLETS If you're travelling abroad, you'll likely need a universal power adapter. Problem is, they only work for one plug at a time, so also pack a power bar in your suitcase. Now instead of just one, you'll have five usable outlets.

46. ORGANIZED EARRINGS If earrings float freely in your luggage (or even your toiletry bag), they'll inevitably get separated. Instead, grab a spare button and stick the posts of both earrings through two of the holes, closing them up with the backing around the other side.

47. PROTECTED TOOTHBRUSH Pack a clothespin: it will come in handy if you don't want to lay your toothbrush on your hotel room's vanity surface and you've already used all the glasses. Clip the clothespin to the toothbrush just under its bristled end, stand the



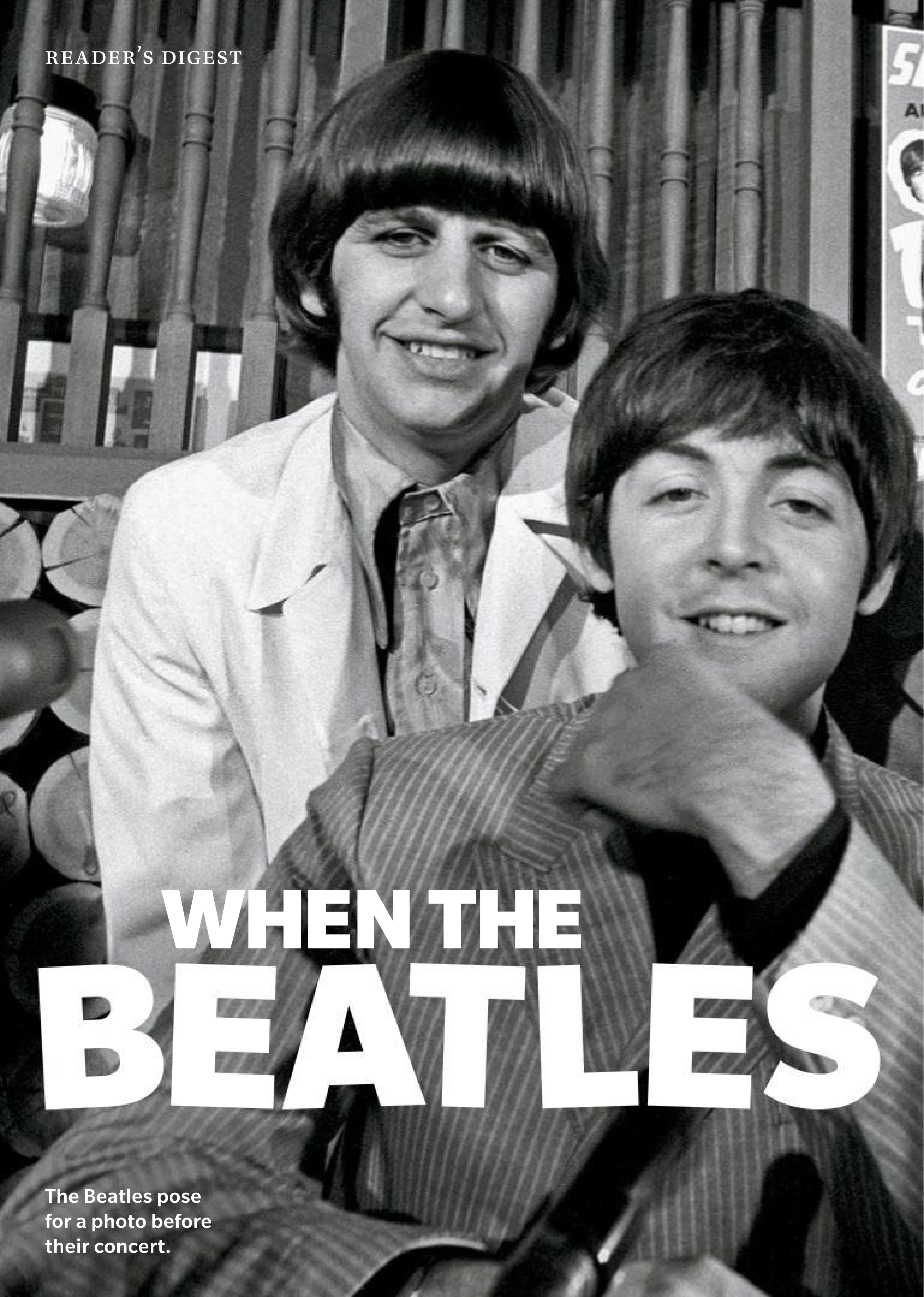
clothespin on its two prongs, and you've got an instant tripod that keeps the brush safely off the vanity surface.

48. FLAT-PACKED JEWELLERY To avoid knots in bracelets and necklaces, lay each piece flat on a sheet of plastic wrap, leaving lots of room in between. Place another sheet of plastic wrap on top, and press to seal. Slip your new flat-packed jewellery caddy between some folded clothes for safekeeping.

49. LEAK PREVENTER Don't let a leaky bottle spoil everything in your suitcase. Unscrew the lids of any previously opened shampoo, conditioner and mouthwash bottles, cover the tops of the bottles with a layer of plastic wrap, then screw the lids back on.

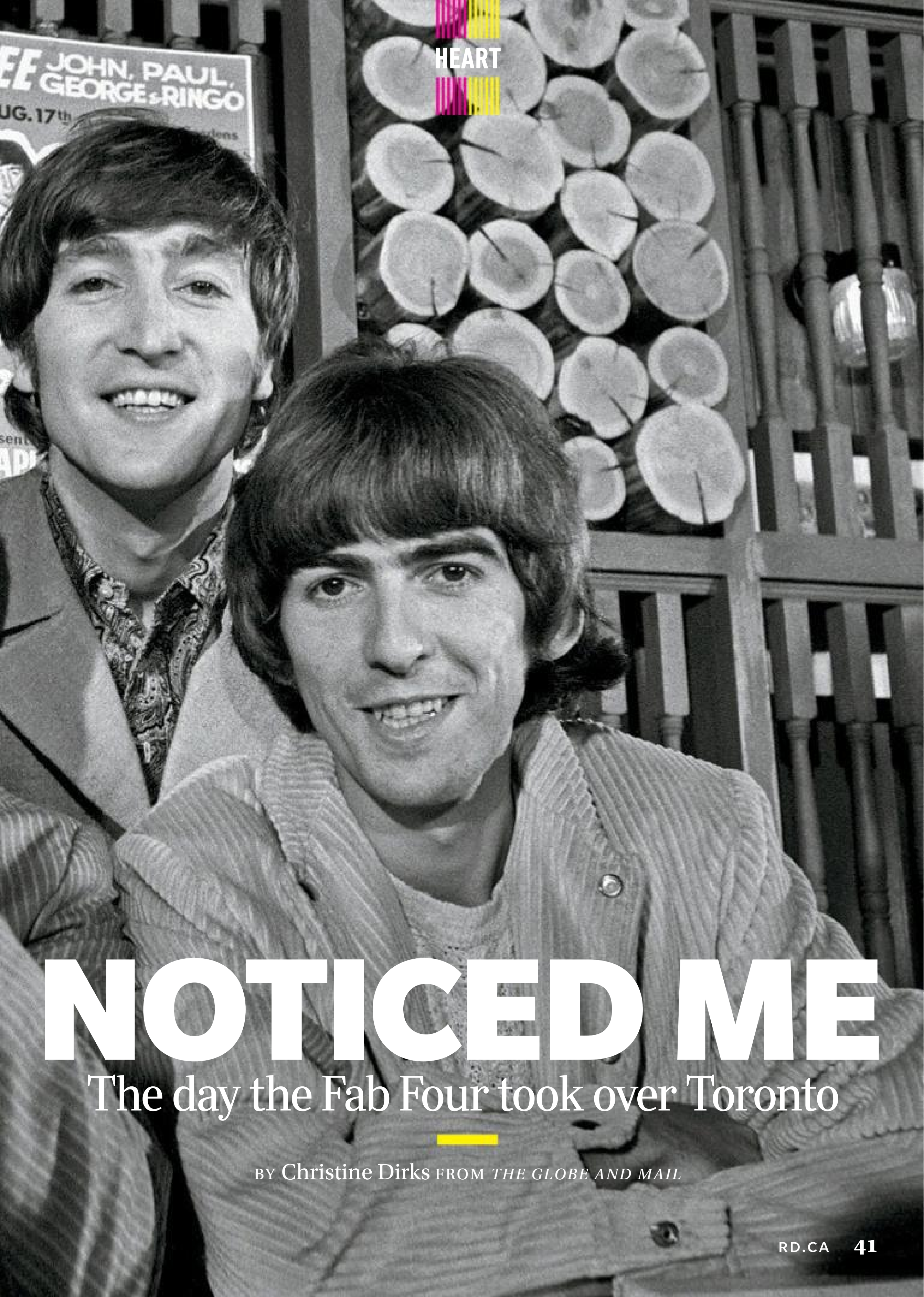
50. A CLIP-ON RAZOR GUARD A binder clip—those clamp-style all-holds—is a ready-made razor guard. If you have to rummage around in your toiletry bag, it could prevent a sliced finger.

ISTOCKPHOTO.COM/MALERAPASO



WHEN THE BEATLES

The Beatles pose for a photo before their concert.



NOTICED ME

The day the Fab Four took over Toronto

BY Christine Dirks FROM *THE GLOBE AND MAIL*

We had everything we needed that morning of August 17, 1966. I remember we had letters of introduction from the mayor of Sarnia, Ont., and the managing editor of *The Sarnia Observer*; a four-foot-long key to the city, which we'd cut from Styrofoam, covered in white lace and trimmed in purple ribbon; a card professing our undying love; and tickets. We had red-level box seats for the afternoon concert and gold-level, fifth-row floor seats for the evening.

The Beatles were performing at Maple Leaf Gardens in Toronto and my best friend, Connie, and I were on our way. We were 14, so my parents drove. We'd ordered tickets for both shows as soon as they were announced. Tickets for the afternoon show arrived with a note that the evening concert was sold out. We knew there had to be some still available, so we called the director of publicity at Maple Leaf Gardens.

Weeks earlier, the PR director had replied to a letter we'd mailed to the president of Maple Leaf Gardens asking if we could attend the Beatles' press conference. I recall that he'd written only full-time journalists over 18 could attend. Still, we reasoned he might take pity on us, and there was no harm in trying to secure tickets for the evening concert.

We called and we called and we called. Finally, we connected with the president himself. We told him we were the ones who had asked



to attend the press conference. We pleaded. He listened. He said he'd see what he could do. Days before the concert, two tickets to the evening performance arrived in the mail—no charge.

Our bedroom walls had scores of pictures of them cut from magazines, and we had our stack of Beatles cards that came with bubble gum. We'd seen the Beatles two summers earlier at Maple Leaf Gardens but this time it would be different. This time, we were pulling out all the stops to try and meet our beloved band in person.

Connie and I did not tell our parents about the added evening concert, as we knew they'd say that one concert would be quite enough. Our plan was to surprise them with the news following the afternoon show. "What could they do?" we said to each other. "They'd have to let us go!"

WE ARRIVED AT THE GARDENS early to place the Styrofoam key on the edge of the stage. I remember seeing a St. John Ambulance attendant lean it beside an amplifier for us. There were opening acts, then a deafening roar as the MC began his introduction and the Beatles bounded on stage. As George walked on, he noticed the key leaning against the amplifier and touched it, seeming amused. We were on our feet screaming, crying, blowing the police whistles we'd bought, reasoning the Beatles would hear the whistles and look at us. All too soon, it was over.

We hopped over the seats and bolted to the stage. A girl was leaving with the key. "Stop!!" we yelled. "That's our key!!" I remember she ran into a phone booth, slammed the glass door, hugged the key and stared at us. We said we'd call the police. We hit the door. Many times. She opened the door. We grabbed the key and headed to the Hot Stove Club in the Gardens, where we thought the Beatles would be after the show.

We spotted a door, yanked it open and there they were, seated at a table, a few quick strides away. We stood on a small landing holding onto a wrought iron railing, crying and screaming, "We love you! We love you! We love you!"

In a flash, two policemen took us out of the building onto Church Street, where my father was waiting. He looked at us. He looked at the police. Crying, we told him we had tickets to the evening concert. He was stone-faced and all he said was, "We're going to the hotel. We will talk about it later." We never did get to that evening concert. I didn't speak to my parents for a week.

But that afternoon something happened that Connie and I never anticipated. For all those years of looking at the Beatles in magazines, newspapers, films, on album covers, posters and on TV, for one moment at Maple Leaf Gardens, the Beatles looked directly at us.

© 2022, CHRISTINE DIRKS. FROM "THAT CRAZY 1966 SUMMER IN TORONTO WHEN THE BEATLES ACTUALLY NOTICED ME," *THE GLOBE AND MAIL* (JANUARY 19, 2022), THEGLOBEANDMAIL.COM

(PREVIOUS SPREAD) THE CANADIAN PRESS IMAGES/BORIS SPREMO; (OPPOSITE) COURTESY OF CHRISTINE DIRKS

AS KIDS SEE IT



"These are SO last year!"

I was shopping with my two-year-old granddaughter and her mother. We walked into a chocolate store where they were handing out free samples. The employee asked my granddaughter's mother, "Any allergies?" before offering my granddaughter one. When my granddaughter finished her chocolate, she said to her mom, "More allergies, please."
—ARLENE FAUVELLE, *Saskatoon*

I find it amazing that my granddaughter needs to put plastic bags on her hands when she cracks eggs but she can pick up a worm from the garden with no problem.
—BONNIE BRICKER, *Calgary*

My four-year-old daughter woke up one morning and said she had so much work to do. I asked her what kind of work. She said she had to eat all her cookies she baked yesterday and pet the cats.
—REDDIT.COM

I was talking to my sleepy nine-year-old and, as a joke, offered

ROSE ANNE PREVEC

her some of my coffee. She said, "I can't drink coffee. I'm not an old person yet."

—@THISONESAYZ

My six-year-old grand-daughter told her mother that she was building a time machine. Her mother suggested that perhaps she should go back in time to when her mother was a little girl so that they could play together. My grand-daughter replied, "I'm not going back that far!"

—NANCY FREIHAUT, *Oakville, Ont.*

How to portion-control your snacks: eat them in the presence of a three-year-old. You'll be lucky to get two bites.

—@PRITIKARYAN

My eight-year-old son was talking to his grandpa about what it was like when his grandpa was growing up. He asked him what he watched on the iPad. His grandpa replied that there were no iPads then. My son, shocked, said, "I didn't realize you were so poor as a kid."

—SHAWNA DEMPSEY-MATHIESON, *Watson, Sask.*

I told my daughter work was tough today and she patted my back and said, "Life isn't always pickles and peaches."

—@DAD_AT_LAW

My new shoes came in the mail but they were too small. My 11-year-old said, "Just order two sizes up and if they're too big, you'll grow into them!"

—REDDIT.COM

My teenagers use so much slang I have no idea what they're even saying anymore. I just hold my hand out for a fist bump and hope for the best.

—@LOVENLUNCHMEAT

"Why are there so many tomorrows and only one today?" asked my three-year-old. This made me question everything about my current existence.

—REDDIT.COM

"Mommy, someone just lost their kitty!" is my three-year-old's adorable way of telling me she stole someone's toy.

—@EMSLYCE

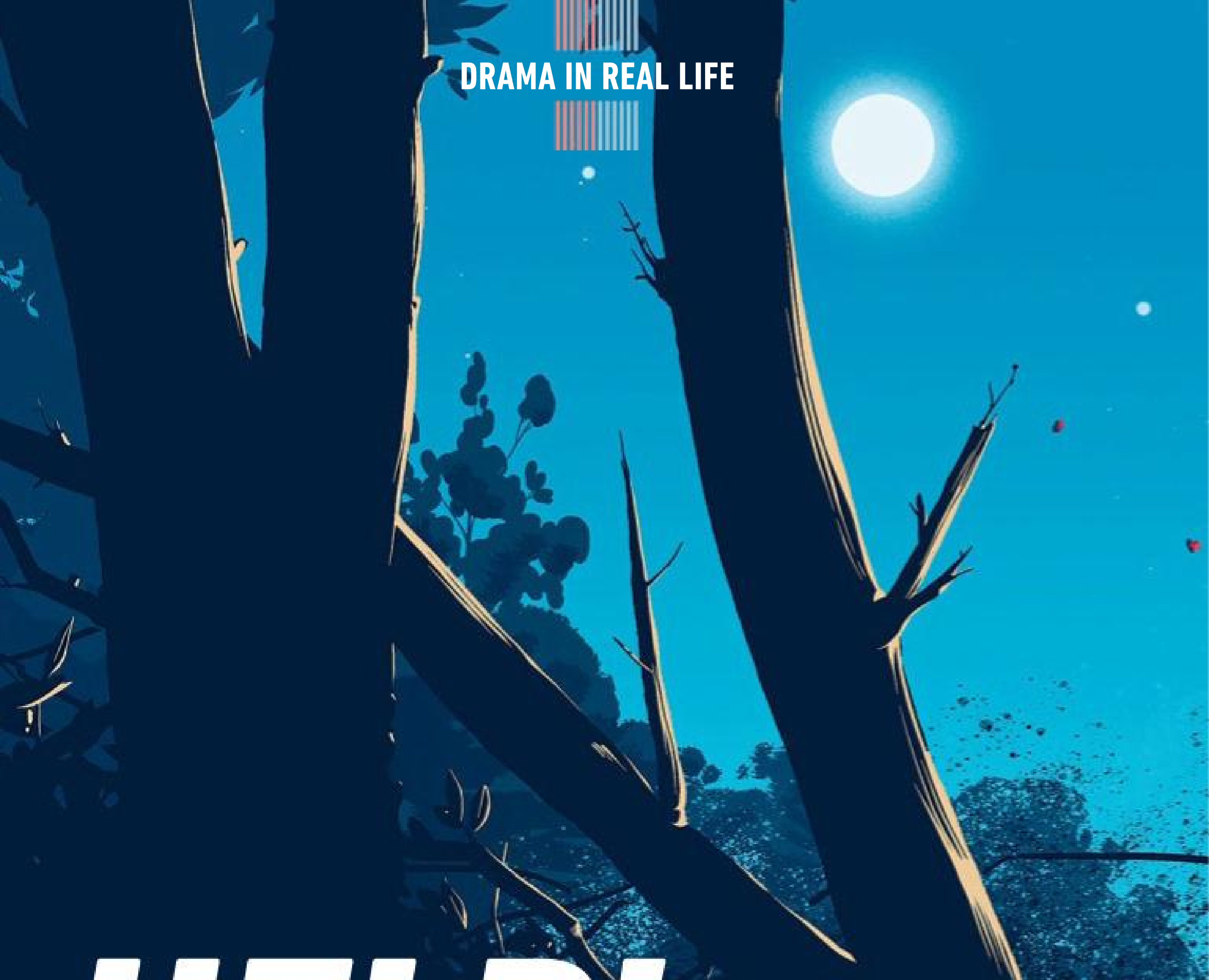
My six-year-old: I can tie my shoes now. It's easy.
Me: What's your next challenge?
My six-year-old: Driving.

—@XPLODINGUNICORN

My niece said she couldn't get rid of her hiccups. I told her to breathe into a paper bag for a few minutes. Five minutes later, she came back into the room with a paper bag over her head and said, "It's not working!"

—JULIANNA METIN, *Aldergrove, B.C.*

Send us your original jokes! You could earn $50 and be featured in the magazine. **See page 7 or rd.ca/joke for details.**



HELP! CAN ANYONE HEAR ME?

TRAPPED DOWN AN EMBANKMENT, CORINE BASTIDE WAS LOSING HOPE SHE WOULD EVER BE FOUND

BY Lisa Fitterman

ILLUSTRATIONS BY STEVEN P. HUGHES



CORINE BASTIDE

gently locks the door to her boyfriend's apartment, not wanting to wake him. It is 11 p.m. on July 23, 2019, and it's still humid after a day that reached 31 C. She is restless after an earlier argument with her ex-husband about their three sons, and there's no way she will be able to sleep. So she has decided to drive home, an easy 36-kilometre trip along the motorway from Liège to her home in the Belgian village of Wanze.

As she gets into her car, she tucks a strand of long auburn hair behind an ear and absently smooths her green-patterned dress. Rivulets of sweat run down her neck.

There is little traffic. Bastide grips the steering wheel as she concentrates on both the road and on thoughts of her boys, who live with her half the time: Hadrien, 18, is a track-and-field fan who is determined to help victims of crime as his life's work; Audric, 16, is a champion high jumper; and Dorian, 12, her "Dodo," is a budding athlete in his own right.

Without them, I'd be nothing, she thinks. Lost in her thoughts, she only notices the car vibrating after she has been driving for about 20 minutes.

I told you to have the brakes serviced, she imagines David Bartholomé, her boyfriend of five months, telling her. There is so much going on in her life—a divorce and caring for the boys while working at a local cafeteria—that getting the car checked wasn't a priority. Until now.

She decides to get off the motorway because the slower the car is going, the easier it will be to stop. The sign for the exit to the town of Saint-Georges-sur-Meuse is right up ahead. She guides the car into the exit lane and starts to pump the brakes, gently at first, then hard, harder. But nothing happens.

Her little grey Fiat Bravo hatchback keeps picking up speed, careening as she tries to steer. She hits something, then the car is in the air. It slides down a slope that feels as steep as a cliff, studded with jagged rocks, thick tree trunks and overhanging branches. It takes seconds, minutes, forever. Then a terrible crunching noise, metal folding in on metal, and the sound of smashing glass.

Bastide lies on her back, disoriented. She doesn't realize the car has flipped

over. Somehow, she has managed to undo her seatbelt. There is the sound of breathing, shallow, fast and loud. *Is that me?* It must be nearing midnight. She should have been home by now. Somewhere in the car, her cellphone rings. Thoughts are jumbled together: *Am I alive? Please help me! Did anyone see me go over?*

And yet there is one thought that is the clear and constant chorus to the clamour of all the others: *My boys are my lifeline.*

She passes out.

DAY ONE

The sound of the cellphone jars Bastide awake. Unthinking, she reaches out for it, casting blindly. Suddenly, reality hits. She is lying on the inside of her car's roof, the driver's seat suspended above her. A branch sticks through the gap that was the front windshield. Silently, she recites, as if to pin herself in time, her name, the date, her sons' names. *There was an accident. I am alive.*

Shards of exploded glass glitter throughout the car; the contents of her handbag are strewn everywhere.

"Hunh!" She grunts, trying to shift. But she can't because her left leg and her back are embedded with bits of glass. Oh, the pain! Although she doesn't realize it then, her back is broken in several places, and her entire left side is paralyzed.

Someone has to see me. The traffic is so close. She can hear it. "Help me!" she cries, loud as she can. "I'm down here!"

She calls out until her voice is hoarse. No one hears her. Although she has not fallen far—maybe two metres at most—the traffic is too loud, and the car is too well hidden by the woods. In the meantime, her cellphone rings again and again; she loses count. For sure, David is trying to reach her. And maybe Hadrien, with whom she speaks or exchanges messages nearly every day.

THE NEXT DAY DAWNS EVEN HOTTER, BUT BASTIDE IS FEELING A NEW RESOLVE. TODAY SHE WILL HELP HERSELF.

After about two hours, the phone stops for good, its battery dead.

She lies there, waiting for someone to find her. By now it is past noon and even hotter than the day before.

David must think I'm angry with him. He must have phoned Hadrien. What do they think has happened?

She drifts off in the early evening. As she sleeps, David, who has tried Bastide's cell repeatedly, calls Hadrien.

"Have you heard from your mom?"

"No," comes the reply. "Is something wrong with her?"

DAY TWO

It dawns even hotter, the hottest day of the week so far. Bastide stirs. Her limbs are numb, but she is feeling a new resolve. Today she will help herself. She is a runner. She knows what it is to hit the wall and move through it. The car is her wall, as are the brambles and the embankment. She plans to get out of the car, struggle up the embankment and wave down a passerby.

"Please call the father of my children," she imagines herself telling her rescuer. "They need to know I'm okay."

SHE KICKS AGAIN AND AGAIN. BUT SHE IS WEAK, AND THE CAR DOORS ARE SO DAMAGED THAT THEY DO NOT BUDGE.

That's how she thinks of Stéphane: the father of her children—the man she was with for 23 years after moving to Belgium from Mauritius more than a quarter-century ago.

Funny, but she doesn't feel hungry or thirsty. She looks around for a way out of the car. With the bent and twisted chassis, it's not obvious, but—there! Yes. She will use the seat belt looped above her like a rope to pull herself through the jagged gap in the front. Gritting her teeth amid blinding pain, she shifts her body; with every movement, the shards of glass in her back and legs cut deeper. It takes about 15 minutes to advance just a centimetre or two.

Hadrien, Audric and Dorian. They are her mantra.

"Come on, you can do it," she says out loud, imagining that Hadrien is speaking to her.

The sun is high in the sky when she finally pokes her head outside. Gazing up, she sees snippets of blue sky through the canopy of broken branches. But when she turns her head and glances down, she cries out in frustration: the car is perched on a small ledge and there is a drop of half a metre to reach the ground, which is covered in gnarled roots and sharp rocks. She realizes that if she launches herself out headfirst, she could break her neck.

Disheartened, she lies there, gathering what strength she has to shift back into the car. By the time she is settled, the sky is starting to change colour.

Sleep, she tells herself, exhausted. There's always tomorrow.

IN THE MEANTIME, Hadrien and David are calling everyone they know, but no one has heard anything from Bastide.

"There isn't even anything on Facebook," Hadrien says. "If a morning goes by without a post from her, something is very wrong. It's time to call the police."

By the end of the second day, they have learned that the last location of Bastide's cellphone signal was in the



region of Saint-Georges-sur-Meuse. But there are many farms and little communities there, and the small population is spread out over 20 square kilometres, much of it covered in forest. She could be anywhere by now. She could have been kidnapped. She could be dead.

DAY THREE

The weather is the same, hot and sticky, with not a cloud in the sky. This morning, Bastide, desperate and determined, shifts her body to brace her shoulders and arms against one door in an attempt to kick open the other one. She tries again and again and again, grunting with effort. But she is weak, and the doors are so damaged that they do not budge.

What next? Bastide looks around. Her gaze lands on the back door, which the crash left partially open. What if she tries to squeeze through feet first? Does she have the strength?

Tomorrow, she thinks.

DAY FOUR

Bastide wakens to wetness. It's raining on and off, the water coming in through the broken windshield to soak her dress already damp from urine. Time is reduced to day and night, the difference between living and dying. All she can do is lie here, listening to the traffic, the rain and the wind.

On Facebook, Hadrien begs for anyone who has information to please call either him or the police, and the family makes a poster to be put up everywhere over the next few days.

"We will find you," he vows. "We need you."

DAY FIVE

A torrential downpour turns the car into a makeshift bathtub so that Bastide is half submerged, her long hair floating around her. If only she could sink under and have it all go away.

Hadrien, Audric and Dorian.

"You are going to see your boys again," she says aloud. "Live."

She tries to collect water from the downpour in an empty chewing-gum container, but the cardboard simply absorbs it. She looks again at the branch sticking into the car, its leaves now dripping.

Carefully, she lifts her head, her mouth open, and guides the branch down to it with her right hand. She sucks like a baby, coaxing enough water from the branch to moisten her mouth.

Her dress has ridden up in the water and her thighs are exposed and burning from their myriad cuts. She is shivering uncontrollably, partly because the temperature has dropped, and her wet dress is freezing.

With nothing to eat for five days and only the rainwater to slake her thirst, she is becoming hypothermic; as her body starves, it starts to consume its own fat cells to keep her going.

Without thinking, she tears her dress in a frenzy, crying out as the material takes pieces of her skin with it. Then she lies still, realizing that she must get a grip—fast. "You can't sleep, because if you do, you will die from the cold," she says aloud to herself. "Please find me soon. I don't know how much longer I have."

DAY SIX

It is sunny again, with a light breeze—perfect for a jog or attending the boys' many athletic competitions, but not for this. Having run out of options, Bastide, an observant Catholic, has a conversation with God.

"Lord, if you can see anything that I haven't tried, help me find a solution," she says. "Because I can't do any more on my own."

In the meantime, Laurence Lardinois and her husband, Olivier Lechantre, who are the parents of one of Hadrien's friends, are out that afternoon running errands. Bastide is on their minds. Earlier that day, Lechantre had helped his son put up missing-person posters in the neighbourhood.

They are driving slowly on the exit to Saint-Georges-sur-Meuse when Lardinois, in the passenger seat, spots what looks like an overturned car to the right, at the bottom of the embankment, so covered in vegetation and mud



Corine Bastide with sons Audric (left), Dorian and Hadrien in December 2019

that it looks as though it was abandoned a long time ago.

"It could be Corine," she says. "Let's go check it out."

They park and carefully descend, Lechantre leading the way because there are so many stones, branches and roots to avoid tripping over. Suddenly they hear a faint voice.

"Help me," Bastide calls out. "I'm down here!"

"Are you Corine?"

"Yes! How do you know my name?"

"A lot of people have been looking for you!" comes the answer. "It's a miracle! It's a miracle!"

Lardinois phones the police, and about 10 minutes later an ambulance arrives. Then a helicopter lands in the adjoining field to take Bastide to hospital in Liège. Workers have to cut through branches and pry open the car door to get her safely out.

At the hospital, doctors diagnose multiple fractures in Bastide's spine, a severe weakness in her left side, a collapsed lung and hypothermia. When she comes out of surgery, David and her sons are there.

"You scared us," David tells her.

Her neck and spine supported by a brace, her body torn and battered, she cries. "You thought I'd abandoned you?" she asks.

Then she turns her head to the boys, who are standing there awkwardly. They want to hug her hard and never let her go—but they can't.

"It was thoughts of you that got me through," she tells them.

Family Matters

After a good dinner one can forgive anybody, even one's own relatives.

OSCAR WILDE

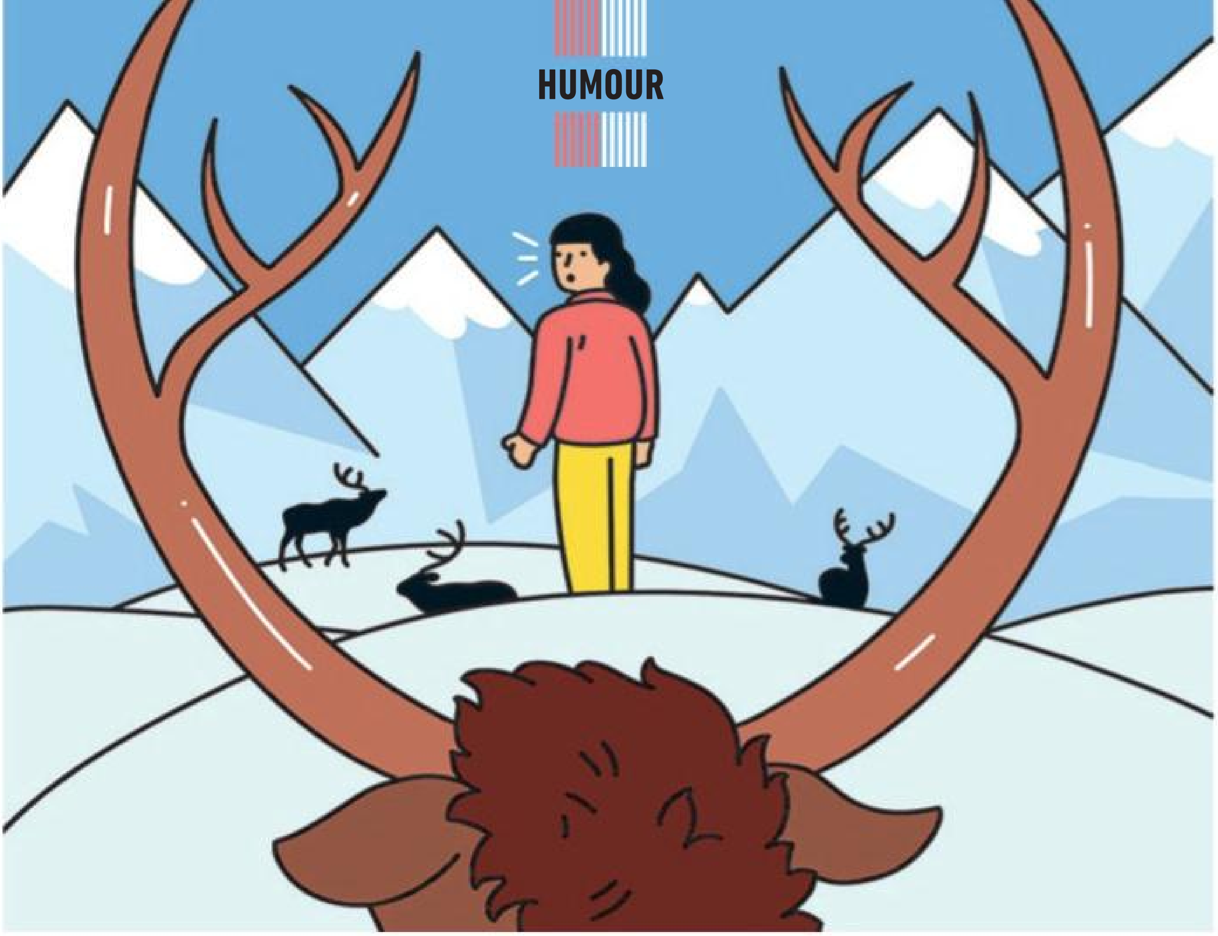
I grew up with six brothers. That's how I learned to dance—waiting for the bathroom.

BOB HOPE

In family life, love is the oil that eases friction, the cement that binds closer together and the music that brings harmony.

FRIEDRICH NIETZSCHE

COURTESY OF CORINE BASTIDE



GIRL vs. ELK

A memorable encounter with the wildlife of the Canadian Rockies

BY Carla Ciccone
ILLUSTRATION BY SAM ISLAND

I WAS A CITY KID, a child of Toronto. I can prove this because there is a picture of me in a park as a toddler chasing a raccoon. My family moved to Calgary when I was seven, for new opportunities and cleaner air, and I wouldn't see another raccoon for years. I was still a city kid, but in Alberta—a province with a dedicated rat control program.

Wilderness bumped up against us in different ways. There were cougar sightings in parking lots and deer munching on Mom's spring flowers. But no rats! In my imagination, I was an animal whisperer akin to a forest-dwelling Disney princess, but those initial Calgary years would remind me that I was actually a kid who had asthma attacks on trail rides.

Zia Vanina, my aunt, came from Toronto to visit us in 1992. To impress her, we loaded up the family van for a pilgrimage to the main attraction of southern Alberta, the Rocky Mountains. As the snow-covered flatlands rose into foothills, and the foothills gave way to jutting, marvellous rock formations, the farm animals dotting the pastures outside our windows became mountain goats balancing on steep, slippery shale and deer snacking on winter berries.

THE ELK HAD SINGLED ME OUT. IT GAVE CREDENCE TO THE DISSONANCE I WAS FEELING.

After an hour, my dad pulled into a rest stop and we were greeted by the sight of a dozen elk. Elk are one of the largest members of the deer family. Males can be bigger than horses and have long antlers, and females are slightly smaller, with no headgear.

Other families that had stopped were getting uncomfortably close to the elk. The large beasts ignored them, gently sniffing discarded McDonald's wrappers and nibbling on snow.

Soon my nature-loving dad was walking toward the elk, so we followed him. My heart raced as my snow boots crunched toward the herd. The presence of 12 big-boy mega-deer with antlers that can inflict serious damage made me seriously nervous.

The elk posed for pictures and I stuck my hands into the fuzzy pockets of my sherpa-lined jean jacket and climbed onto a small snowbank, a short distance from my family.

"Maybe I do belong here," I thought, watching the sun dance on the surface of the half-frozen emerald lake beside us. As if to say, "No, honey, you don't," a large elk snorted and I suddenly felt the weight of a mountain on my shoulders. The elk had reared up and hooked its front hooves over my shoulders like it wanted to do the conga, murder me or both. I slid down the snowbank, positive these were my last moments. My mom started yelling "Oh my God!" My dad said, "Oh s**t." I shrieked and ran until I shook the beast free.

Luckily, he slipped off my shoulders and rejoined his posse. I stood by our van, hyperventilating. Back inside, the adults were so desperate to calm me that I was promised an extra-large haul at the candy shop in Banff. The candy helped, but the ick remained.

The elk had singled me out. It gave credence to the dissonance I was feeling. My aunt cited the incident as proof that we should all return to Toronto immediately, and I didn't disagree. It took me a while, but I moved back as an adult. A raccoon person has no place among elk.

Historic Highlights of an Iconic Magazine

February 2023 marks exactly 75 years since the English edition of *Reader's Digest Canada* was launched. That was 26 years after it was first published in the United States (where it just celebrated its 100th anniversary). Here are some of the most significant moments in our long history.

BY *READER'S DIGEST* STAFF

ILLUSTRATION BY NIKKI ERNST


EBRUARY 1948
PRINTED IN CANADA
25¢
THE Reader's Digest
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aking More of Marriage
Photo: Québec, vu de la Citadelle.
"Québec" par Rengert, page 1



1922 DeWitt and Lila Acheson Wallace publish 5,000 copies of the first issue of *Reader's Digest,* "the little magazine," in New York. It has 64 pages and 31 articles—one for each day of the month—all condensed from other publications. Just before the launch, DeWitt Wallace said, "The *Digest* will have but one mission: to interest and at the same time to widen one's outlook, to increase one's appreciation of things and people, to enlarge one's capacity for enjoyable association with fellow men, to lubricate the process of adjustment to this world."

1924 *RD*'s first anti-tobacco article appears, entitled "Does Tobacco Injure the Human Body?"

1928 *Reader's Digest* becomes the first-ever ink-print publication to be produced in Braille.

1929 Subscribers number more than 200,000, and the magazine hits newsstands for the first time.

1933 The first original article is published. (Before now, the magazine has published selected reprints.) The article is: "Insanity—the Modern Menace," by Henry Morton Robinson. The next year, *RD* expands from 64 to 128 pages.

1935 *RD*'s original article, "—And Sudden Death," is published. It is about the preventable carnage of automobile accidents. *The New Yorker* called it "The most widely read magazine article ever published anywhere."

1936 The number of subscribers reaches two million. The Wallaces establish the Reader's Digest Foundation, benefiting education and journalism.

1938 The first international edition of *Reader's Digest* is launched, in the U.K.

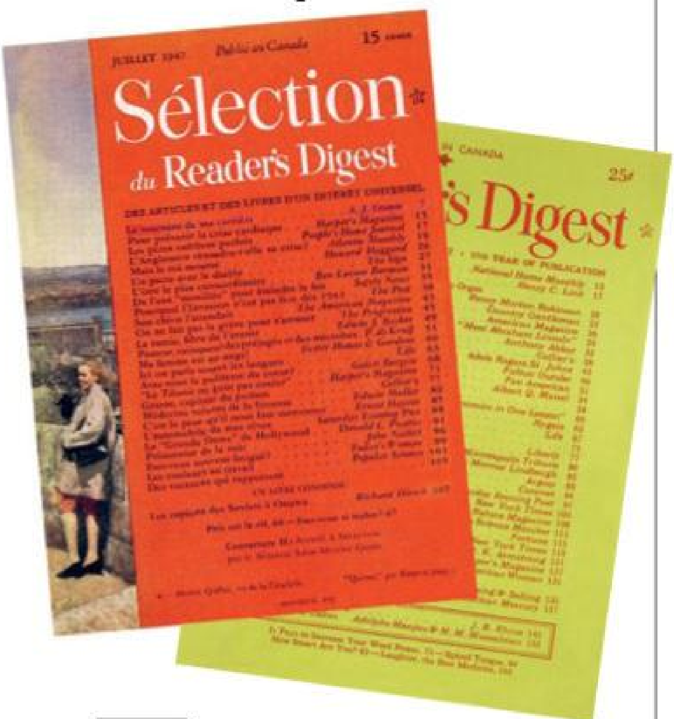
1940 The first foreign-language edition—the Latin American edition—launches. Initially, *Selecciones* is printed in Chicago, but starting in 1944, it's printed in Havana, Cuba.

1946 Post-war, people around the world are hungry for information, and the international expansion of

READER'S DIGEST ARCHIVES

Reader's Digest is speeding up. It adds new Danish, Japanese and Australian editions, in addition to its recently launched Portuguese and Finnish editions.

1947 The French-Canadian, Norwegian, French, Belgian-French and Swiss-French editions debut. Among the stories featured in the French-Canadian edition, *Sélection,* are "Will England Solve Its Crisis?" and "Pasteur, Vanquisher of Germs."



1948 The English-Canadian, German, Italian and South African *Reader's Digest* editions are launched. The first English-Canadian issue includes stories such as "A Canadian's Memo to Uncle Sam" and "It's Time to Do Something About Germany!"

READER'S DIGEST ARCHIVES

1952 While statistics about the health risks of smoking cigarettes started to surface as early as the mid-1940s, the majority of the public is kept in the dark until *Reader's Digest* publishes the groundbreaking article "Cancer by the Carton." It connects smoking with lung cancer at a time when an estimated 54 per cent of Canadians smoked, provoking a furor. The article contributes to the largest drop in smoking rates since the Great Depression.

1954 The tobacco industry responds by introducing filter cigarettes, which they claim will trap toxins before they can settle in the lungs. Full-page ads claiming that the research linking tobacco to cancer is inconclusive are placed in hundreds of newspapers. *Reader's Digest* becomes one of the first magazines to refuse to accept ads from cigarette companies.

1955 The cover price is still 25 cents, as it was in 1922. *RD* asks its U.S. readers if they prefer paying more or accepting advertising. The vast majority votes in favour of accepting advertising. (The international editions included advertising from the start.)

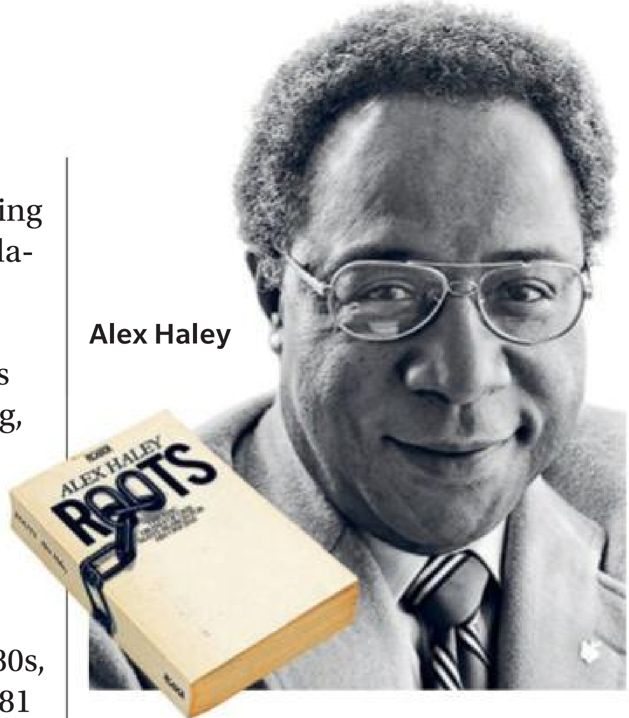
1956 The Lila Acheson Wallace Fund is established. It invests in programs tied to the arts, adult literacy and urban parks.

1962 *Reader's Digest* is now published in several languages, including Braille. Its total international circulation is 23 million.

1968 In January, *RD* continues its fight against smoking by publishing, "What the Cigarette Commercials Don't Show." In 1971, cigarette advertising on radio and TV is banned in the United States.

1973 The Wallaces, now in their 80s, retire. (DeWitt will pass away in 1981 and Lila in 1984.)

1976 The first Arabic-language edition of *Reader's Digest* is launched in Lebanon and is printed in Egypt under the title *Al-Mukhtar*. Also in 1976, *Roots* is published; *RD* sponsored the book, which was written by Alex Haley, a former *Reader's Digest* editor. *RD* publishes excerpts in two instalments the following year.



Alex Haley

1980 After four years, a project supported by Lila Wallace is complete: the restoration of Impressionist painter Claude Monet's house and

1985 *RD*'s extensive art collection embarks on a first world tour (a second will take place in 1988). It is exhibited in Mexico City, Amsterdam, Hong Kong, Sydney, Lisbon, Stuttgart and other cities. Among the works shown are ones by Matisse, Monet, van Gogh, Gauguin, Chagall and Cézanne.



(HALEY) BETTMANN ARCHIVE/GETTY IMAGES; (BOOK) CBW/ALAMY STOCK PHOTO; (PAINTINGS) *READER'S DIGEST* ARCHIVES

1986 British *Reader's Digest* unveils a commissioned portrait of Queen Elizabeth II to celebrate her 60th birthday. Word comes back from Buckingham Palace: "She likes it—very much." The portrait is in the permanent collection of the National Portrait Gallery, London.



garden, with its famous lily pond, in Giverny, France.

1987 *Reader's Digest*'s first report on AIDS, "The Plague That Knows No Bounds," is published in 38 countries and 15 languages.

1988 The British edition marks its 50th anniversary by having 1.5 million bulbs planted to create the Crocus Carpet at London's Kew Gardens; the bulbs continue to multiply to this day. The Queen congratulates *RD* on "a half-century of responsible and entertaining journalism."

1991 The Soviet Union collapses, and the Russian edition becomes *RD*'s 40th, in its 16th language. Hungary also starts publishing the magazine. A few years later, the Czech Republic and Poland would follow suit, followed by rapid expansion into other former Soviet-controlled countries.

1995 *Reader's Digest Canada* publishes its *Atlas of Canada*. It would become one of the most popular *RD* books published in this country, along with *Foods That Harm, Foods That Heal*.

2001 In a Roper poll, *Reader's Digest Canada* is named the country's most trusted magazine brand—a status it has held almost every year since.

2007 In the first episode of the hit TV series *Mad Men,* set in a 1960s New York advertising firm, the characters are trying to solve problems caused

READER'S DIGEST ARCHIVES

2006 *Reader's Digest Canada* publishes results of an international courtesy test. *RD* editors worldwide reported on politeness in various scenarios, such as cashiers saying thank you after a small purchase and whether a stranger would help us pick up an "accidentally" dropped folder of papers. The results:

10 Most Courteous Cities
New York
Zurich
Toronto
Berlin
São Paulo
Auckland
Warsaw
Mexico City

10 Least Courteous Cities
Amsterdam
Montreal
Helsinki
Manila
Milan
Sydney
Bangkok
Hong Kong
Ljubljana
Jakarta



by *Reader's Digest* reporting on the tobacco and advertising industries.

2008 The magazine launches in mainland China under the name *Puzhi Reader's Digest*. It closes just four years later, but the Chinese-language edition published in Hong Kong and Taiwan continues. In 2020, it would be praised by Taiwan's Ministry of Education and endorsed as "excellent reading material" for students there. Also in 2008, an expert panel convened by *Masthead,* the Canadian periodical industry's watchdog, names *Reader's Digest Canada* the most influential magazine in the country's publishing history.

2011 The international editions publish a five-part advocacy series about Internet safety, demanding stronger international laws to protect children and young people. Some 70,000 people sign a petition that is sent to the European Union.

2023 February marks exactly 75 years since the English-language edition of *Reader's Digest Canada* began publication; the French-Canadian edition marked the milestone in 2022. Reader engagement, whether accessed via print or online, remains among the strongest of any publication in this country. *Reader's Digest* continues to be published in 43 countries and 10 languages.

ISTOCKPHOTO.COM/FILIPPOBACCI

LAUGHTER
THE BEST MEDICINE

There are only two outcomes in a knot-tying competition: win or loose.

—REDDIT.COM

I tried to steal spaghetti from the shop, but the female guard saw me and I couldn't get pasta.

—MASAI GRAHAM, *comedian*

Zoom in

My camera roll is 25 per cent my kids and 75 per cent things I couldn't read and had to make bigger.

—@JAYTORCH1031

Freezing Point

I once gave a ride to a much younger friend. By the time we got to our destination, she had put on her coat and her teeth were chattering. I had forgotten that I had the air conditioner set to menopause.

—MELANIE ARNIS, *Richmond, B.C.*

Dry Conditions

A museum guard accused me of trying to steal a 4,000-year-old papyrus, but I explained that my skin just gets like that in the winter.

—@JOHNLYONTWEETS

I never make New Year's resolutions. I just carry the ones over from the previous year and add, "This time I'm serious."

—@SHOPKINS776

Send us your original jokes! You could earn $50 and be featured in the magazine. **See page 7 or rd.ca/joke for details.**

THE BEST JOKE I EVER TOLD

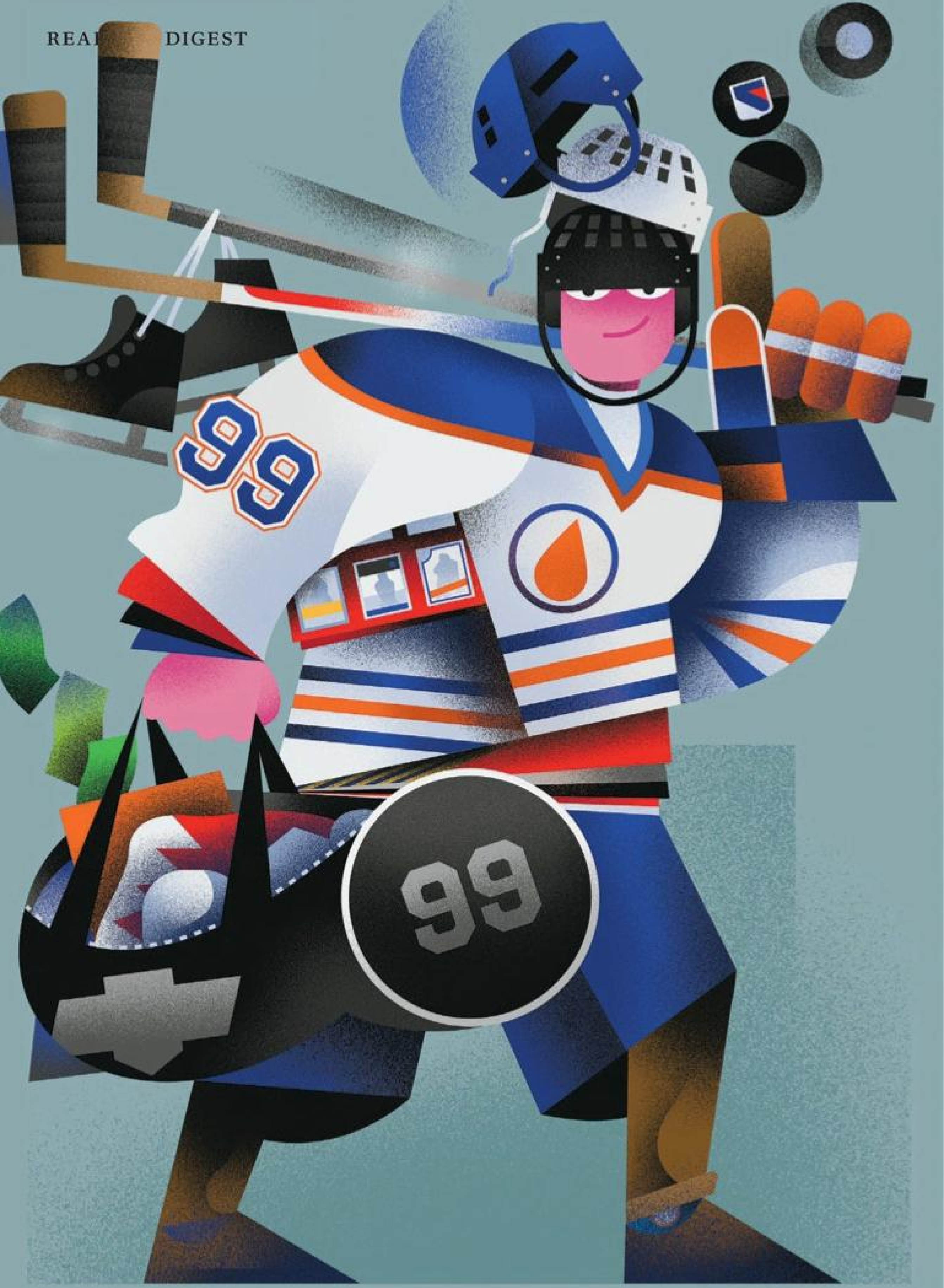
By Ronald Hae

I want to have kids, but I'm afraid of raising them. As a teacher, raising a kid to me just sounds like being assigned a group project. It's a lot of work, you don't know what you're doing, and by the end of it, you just want to find a new partner.

Ronald Hae is the host of education podcast The Teacher Hotline. *Follow him on Instagram and Facebook at @theteacherhotline.*



TALIB CONTRACTOR


99
99

IN RECENT YEARS, THE MARKET FOR SPORTS COLLECTIBLES HAS EXPLODED AND IS NOW WORTH AN ESTIMATED $15 BILLION. IS THERE A COST TO TRADING IN OUR SENTIMENTAL SOUVENIRS?

Thanks for the Memories



BY Sheena Rossiter
FROM *THE WALRUS*

ILLUSTRATION BY DAVE MURRAY

Shawn Chaulk can't leave Wayne Gretzky alone.

The semi-retired home builder, now 55, has owned everything from the Great One's used hockey gloves to his old car. Chaulk even inked an image of Gretzky, in his Oilers uniform, on his right arm and shoulder.

The obsession began more than 40 years ago, after Chaulk's family moved from rural Newfoundland to Fort McMurray, Alberta. The young teenager, suddenly stuck in a strange place, was intrigued by nearby Edmonton's hockey team. The Oilers had joined the NHL just one year earlier. Chaulk had always been a Boston Bruins fan, but he figured it was time for a change.

"We were making a big shift in our lives as a family, and I thought, 'Well, if we're starting over, then I'm starting over,'" he says.

That Oilers team also had a star player like no other: Wayne Gretzky. At just 19, Gretzky was small and agile and could glide past anyone. Chaulk found himself glued to the television, watching games nearly every other day. And with the Oilers' arena only a few hours south, he had a chance to occasionally watch his new hero in person, too.

Chaulk's passion for sports memorabilia began a decade later, in the early 1990s, with autographs. He was amazed to discover that he could write to an athlete and they would send him their signature. His first was from golf legend Arnold Palmer. He eventually piled up some 50,000 autographs.

The focus of his collecting shifted after a chance encounter in an Edmonton pawn shop. He noticed some old hockey sticks resting against a wall and, after speaking with the pawnbroker, learned they were game-used NHL gear. He paid $25 for a stick belonging to Wayne Presley, then a player for Chicago. "I discovered that there was a whole market for game-used memorabilia," Chaulk says.

As his disposable income grew, so did his collection. By 2005, he had decided to return to his roots: Wayne Gretzky.

Since then, Chaulk has amassed one of the largest Gretzky collections in the world, even bigger, he claims, than the Great One's personal stockpile. At its peak, Chaulk's memorabilia—equipment, old trophies, letters written to former coaches—could fill two trucks and two trailers. He even has Gretzky's old grand piano, which his kids occasionally play. He estimates that he's done millions of dollars' worth of transactions. And recently he decided to go pro.

Since 2018, Chaulk has bought and sold memorabilia under Hockeyman Holdings, where he helps fans seeking

(PREVIOUS SPREAD) DAVE MURRAY, REPRESENTED BY I2IART.COM

collectibles. "I do all the negotiation and the romancing," he explains. With his calm demeanour and knack for storytelling, Chaulk is a natural fit for convincing collectors to part with cherished treasures. In 2021 alone, he helped more than two dozen people grow their collections, flipping about 600 items.

As Chaulk explains, the memorabilia business is booming. In recent years, the PWCC 500, an index that tracks the top-selling trading cards, has had a better return on investment than the S&P 500. This market reflects an odd reality of the pandemic—when arenas were mostly empty, sports teams hemorrhaged money: the NBA's estimated loss for the 2020 season was about $500 million (all figures in U.S. dollars).

But the sports memorabilia market—worth an estimated $15 billion—had never been hotter. In December 2020, a Gretzky rookie card sold for $1.29 million at auction—the first time a hockey card broke the $1-million mark. Five months later, that same card was flipped for more than $3.7 million.

Chaulk has his own theories about this sports frenzy: stuck at home during the pandemic, people discovered online forums and groups with like-minded collectors who wanted to buy and sell memorabilia. "People were rediscovering their youth," he says. When bars were still empty and arenas only just beginning to reopen, many fans were flush with cash. It led to a perfect storm, with thousands rushing to collect rare pieces of sports history at the same time.

THE MODERN RELATIONSHIP between money and sports began in the 1980s, when a wave of professionalization swept across sports leagues, and games suddenly shifted from being pastimes to big business. Cable television meant that games were no longer local affairs; viewers on the other side of the country—and the other side of the world—could tune in to their favourite teams. Advertisers started emptying their pockets in a bid to attract as many new customers as possible.

TEAMS COULD NOW MONETIZE EVERYTHING FROM CLOTHES TO EQUIPMENT TO FOOD.

This shift in how sports are consumed is largely due to one man: Patrick Nally, a Brit who's touted as the founding father of modern sports marketing. The pre- and post-game roundtable analysis chats? His idea. Having a Jumbotron broadcast live to audiences in stadiums? Also his idea.

In 1969, the then 23-year-old started the PR and sports-marketing firm West Nally with former BBC commentator Peter West. The duo soon discovered

that offering individual rights to each element associated with an event could be big business, allowing teams and sporting bodies to monetize everything from clothes and equipment to the food that was allowed to be served in the stadium. West Nally negotiated with Argentina's military junta to get Coca-Cola to sponsor the 1978 FIFA World Cup, and the company remains a big sponsor of many international soccer tournaments and the Olympic Games.

FOR YEARS, SPORTS MEMORABILIA WAS DEFINED BY ITS PHYSICALITY. NOT ANYMORE.

Sports organizations knew a good thing when they saw it and eventually expanded the sports experience beyond the stadium. FIFA Fan Fests are now standard gathering zones at FIFA World Cups, where fans can sip their beer from collectible cups. Olympic pop-up stores, where people can buy everything from hats to shirts to stuffed mascots, are now part of every Games.

With each development came the possibility to collect. Everything sports touched, from branded cups to limited-edition shirts, became highly desired. And with the passage of time, the products become historic memorabilia.

In 1980, the first sports collectors' show, several days of baseball-card auctions, was held in Los Angeles. By the 1990s, memorabilia shops were popping up in malls the world over. Then the Internet came along—and the market was suddenly borderless and seemingly endless.

FOR DECADES, SPORTS memorabilia was defined by its physicality. People wanted items they could hold or showcase in their homes: sticks, ticket stubs, jerseys. But in recent years, a new class of product has been created out of thin air: NFTs, or non-fungible tokens.

Like trading cards, these digital files depict the best plays or sporting moments—but rather than being static, they are video highlights with a few added features. Sometimes there is music, sometimes the athlete offers commentary. Unlike physical trading cards, which are valuable because only so many are printed, NFTs exist online, where anyone can view them. What someone buys when they purchase an NFT is the right—and digital proof—to say they are the owner.

The Vancouver-based cryptocurrency company Dapper Labs is the largest sports-NFT player. It's the maker of NBA Top Shot, which offers unique basketball highlights via NFTs. Less than a year after its creation in 2020, NBA Top Shot surpassed one million users and had more than $700 million in sales. They are looking

to expand into the Ultimate Fighting Championship market next.

Teams themselves have also started to get into the NFT game. The NBA's Golden State Warriors, for example, launched a collection on OpenSea, an NFT marketplace, where fans can bid on digital versions of the team's championship ring from 2018. At one point, the NFTs were going for more than $20,000—not a single real diamond or sapphire included.

THE NFT MARKET ISN'T SO DIFFERENT FROM THE EVER-SHIFTING VALUE OF A TRADING CARD.

Sheetal Jaitly is a digital entrepreneur and an avid NFT buyer. He was obsessed with hockey cards as a kid in the 1980s, and he says the NFT market is the same form of collecting, only digital. "Anyone who grew up loving sports cards, I think they'll really start to get it," he says.

Jaitly has spent thousands on digital collectibles, and at one point his NFT portfolio had increased in value by 1,400 per cent. (That said, the NFT market is infamously volatile, and since then his portfolio's value has fallen significantly.)

In some ways, the NFT market isn't so different from the ever-shifting value of a game ball caught in the bleachers or a rookie trading card. The market can be fickle. Some experts have said that the NFT bubble, which turned into a frenzy in early 2021, has already popped. Who knows if the physical collectible market will soon follow?

NFTs don't appeal to old-school collectors like Chaulk. They are too risky, plus he doesn't see the appeal of owning a digital asset. "I just don't get it," Chaulk says. "I get the economics. I just don't get the attraction."

His memorabilia collection represents more than just items to buy and sell: it's a lifestyle. Amassing such a large Gretzky collection has brought him into the world of other high-profile fans. Filmmaker Kevin Smith—a massive Oilers fan despite being from New Jersey—flew Chaulk to the Sundance Film Festival in 2011 on a private jet just so Smith could borrow the stick that Gretzky used in the 1988 Stanley Cup game.

Chaulk has also developed a relationship with the Great One himself. He even got the chance to skate with Gretzky in Phoenix once, during the time when Gretzky was part owner and coach of the Coyotes. Experiences like this, he explains, are priceless.

"I always tell people that you can't sell your memories. As long as I have my mind, I'm holding the most valuable collection ever," Chaulk says. "I lived everything, and you can't take that away."

© 2021, SHEENA ROSSITER. FROM "THE SPORTS COLLECTIBLE MARKET IS BOOMING," *THE WALRUS* (JULY 29, 2021), THEWALRUS.CA



13 PROVEN Folk Remedies

These treatments from around the world really work



BY Bonnie Munday
WITH ADDITIONAL REPORTING BY MELISSA GREER
ILLUSTRATIONS BY ISABELLA FASSLER

MANY OF US use home treatments—some passed down through generations—for small ailments, whether the treatment has officially been proven to be effective or not. Editors at *Reader's Digest* editions around the world are no different—except we've investigated our favourites to make sure they're backed by solid research. Here are 13 folk remedies that work for us.



CANADA

Wild Blueberries

Improve Heart Health Blueberries—both cultivated and wild—are Canada's top fruit export. Wild blueberries can be found in several Canadian provinces but are especially abundant in Quebec and Atlantic Canada. Widely known as a super-fruit, wild blueberries in particular are loaded with healthful antioxidants—containing nearly twice the amount that the same serving size of cultivated blueberries do. And while slightly smaller in size than cultivated ones, wild blueberries are generally sweeter and more flavourful.

Blueberries get their colour from anthocyanins, a group of antioxidant compounds that are responsible for many of the health benefits. Most of the colour, and therefore the fruit's benefits, are found in its skin. Whether cultivated or wild, all blueberries have anti-inflammatory and anti-cancer properties, but it's their cardiovascular benefits that really stand out. Multiple studies have found eating at least a cup of blueberries a day offers significant improvements in vascular function and arterial stiffness, with one 2019 study from researchers in the United Kingdom and the United States showing that blueberries could cut the risk of cardiovascular disease by as much as 15 per cent.

If fresh wild blueberries aren't readily available where you live, frozen wild blueberries are a great alternative. One small study suggests freezing actually improves blueberries' antioxidant availability.

FRANCE

Vinegar

Fights Infection French folklore has it that during the bubonic plague in the 17th century, a gang of four thieves robbed corpses but never caught the disease themselves. Supposedly, anointing their bodies with a concoction of vinegar and herbs protected them.

The so-called *vinaigre des quatre voleurs* (four thieves' vinegar) is used today in France in the belief that it fights infection. Many of the ingredients steeped in vinegar—garlic, rosemary, sage, lavender, thyme, juniper

berry, black pepper and more—have proven antibacterial properties.

"I know people who consume this regularly as an antibacterial," says Stéphane Calmeyn, Paris-based editor of *Reader's Digest*. He adds that a friend of his with type 2 diabetes credits the vinegar with helping regulate his blood sugar.

Though more research is needed, there is evidence that vinegar, particularly the kind made from apple cider, can affect blood-sugar levels by delaying the rate at which the stomach empties and starch is digested, which reduces blood-sugar spikes after a meal. But check with your doctor before adding it to your diet, particularly if you are taking medications to lower your blood sugar.

Apple cider vinegar may also prevent overeating. A small Swedish study found that people who consumed vinegar with a meal reported feeling more satiated than those who didn't, which could prevent unhealthy snacking later in the day.

Keep in mind that it's best not to drink vinegar undiluted, as its acidity could damage tooth enamel. Instead, add one or two teaspoons to water or tea.

NETHERLANDS

Licorice

Relieves Sore Throat Licorice-based candies, called *dropjes*, are as Dutch as wooden shoes—but while few farmers still wear wooden shoes, everybody eats dropjes. "It's a sort of national pride," says Amsterdam-based *Reader's Digest* editor Paul Robert.

Besides being somewhat of an addiction for the Dutch, it's widely known in northern European countries that licorice serves a medicinal purpose: sore-throat relief. Indeed, a 2013 randomized, double-blind study of 236 people by the Medical University of Vienna found that patients who gargled a licorice solution before going into surgery requiring throat intubation had a lower likelihood of sore throat after the operation.

There's also evidence that glycyrrhizin, a licorice-derived compound, has anti-inflammatory and anticancer properties. According to a 2022 review published in *Pharmacological Research*, it's a promising area of cancer research.

Still, experts caution against consuming more than 100 milligrams of glycyrrhizin per day, as it can dangerously reduce blood potassium levels. (A cup of licorice tea contains roughly 30 milligrams, according to *The British Medical Journal*.)

"When I was a child, the best thing about having a cold was that I'd get lots of dropjes," says Robert. "Sucking on them soothed my throat back then, and still does now."

Dropjes range from very sweet to very salty, and the salty ones are an acquired taste.

GERMANY

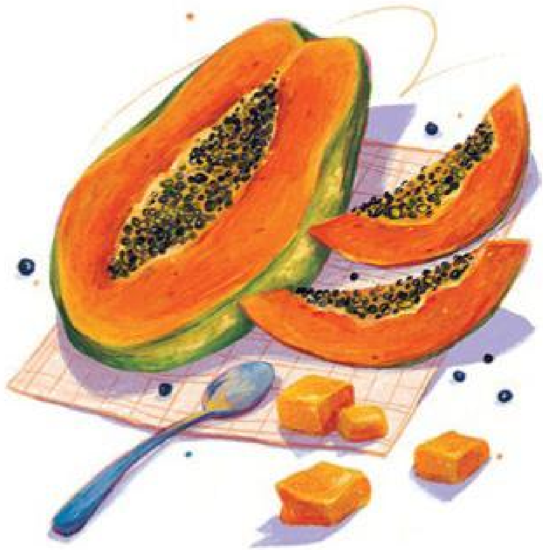
Calendula

Calms Inflammation "Many people in Germany consider calendula a miracle cure, and have their own recipe for a balm," says Annemarie Schäfer, who works on the *Reader's Digest* team in Stuttgart.

Her cousin Marlen, a teacher, recalls that when her mother grew calendula—also called marigolds—in her garden, she'd dry their orange and yellow heads and mix them with warm pork fat (you can also use petroleum jelly, beeswax or olive oil). After a day of steeping, the mixture was strained and jarred, to be used on rough hands, insect bites, acne and other skin irritations.

The high levels of antioxidants in the dried petals are beneficial. Laboratory and animal research has shown the flowers contain anti-inflammatory and antimicrobial components that prevent infection and heal wounds by helping new blood vessels and tissue form. In patients with venous leg ulcers treated with either calendula ointment or saline-solution dressings, calendula helped ulcers heal much faster.

With these benefits in mind, it's no wonder cosmetic companies are also turning to calendula—specifically, calendula flower extract—to formulate soothing products geared to sensitive skin. According to a 2021 study from the University of Porto in Portugal, the plant's anti-inflammatory properties are helpful in treating irritated skin as well as allergic contact dermatitis, rosacea and psoriasis.



COSTA RICA

Papaya

Aids Digestive Health A study from Obafemi Awolowo University in Nigeria published in the *Journal of Medicinal Food* found that papaya fights intestinal parasites. When researchers gave a papaya seed preparation to children who tested positive for intestinal parasites, it was shown to be anthelminthic (capable of eliminating parasitic worms) and anti-amoebic (capable of destroying or suppressing amoebas). It treated their parasites without harmful side effects.

Results of a double-blind, placebo-controlled trial that were published in the journal *Neuroendocrinology Letters* in 2013 showed that volunteers with

digestive complaints like bloating and constipation had significant improvements after ingesting a papaya pulp supplement. Papaya is also rich in vitamin C, and high in water and fibre content, all of which regulate bowel activity.

AFRICA, ASIA and EUROPE

St. John's Wort

Soothes Skin Many people around the world use a balm containing St. John's wort to promote wound healing and soothe skin—for example, in cases of sunburn and insect bites. St. John's wort is a plant with yellow flowers that's native to Europe, northern Africa and southwestern Asia.

Animal studies conducted in Turkey in the past few years have shown that St. John's wort helps to promote wound healing and relieves burns; rats treated topically with St. John's wort four times a day experienced more rapid healing than those in the other groups.

And a 2010 Iranian randomized, double-blind clinical trial of 144 women published in the *Journal of Alternative and Complementary Medicine* showed that women who had undergone Caesarean sections and applied a St. John's wort ointment three times a day for 16 days had improved wound healing and less pain and scarring than those in the placebo and control groups.

Ingesting St. John's wort may also treat mild to moderate depression, and menopause symptoms such as hot flashes. But speak to your doctor before taking it, because it can cause serious side effects and drug interactions.

PORTUGAL

Garlic

Gets Rid of Warts, Corns and Calluses
Corns and calluses both involve a buildup of skin at pressure points on the foot, while warts are small growths that can occur anywhere on the body and are caused by the human papillomavirus, or HPV. Research from 2005 published in the *International Journal of Dermatology* showed that warts treated daily with a garlic extract disappeared for study subjects within two weeks, and corns vanished for 80 per cent of subjects after three weeks.

Garlic has antibacterial properties (thanks to its main component, allicin), and its antiviral effect may attack the virus that causes warts. Just be careful not to allow raw garlic to touch healthy skin, as it can cause irritation and damage similar to a burn.

It worked for a *Reader's Digest* reader named Georgina, of central Portugal. "A few years ago, when my friend's aunt noticed me limping because of a callus, she told me about this home remedy. I baked a few garlic cloves, crushed them, and applied the pulp to the callus, avoiding healthy

skin. I covered it with gauze and changed this compress daily. Although the smell was a little intense, my callus disappeared after five days."

AUSTRALIA

Eucalyptus Oil

Clears Sinuses Eucalyptus oil can help alleviate cold symptoms like nasal congestion by clearing the airways. In a randomized, double-blind trial of 152 people, published in *The Laryngoscope* in 2009, German researchers found that the main component of eucalyptus oil—1,8-cineole, or eucalyptol—was effective and safe for treating sinusitis, because it helped to clear nasal blockages and mucus.

The eucalyptus tree is native to Australia, and the oil from its leaves is similarly beneficial if you have perennial allergic rhinitis—a chronically stuffy or runny nose due to pet dander, mold or dust.

A South Korean study, published in 2016 in *Evidence-Based Complementary and Alternative Medicine,* found that essential oils including eucalyptol alleviated those symptoms. Out of 54 people aged 20 to 60, those who inhaled the aromas for five minutes twice daily over seven days also had better sleep compared with those who inhaled a placebo.

Add a few drops to a bowl of steaming water, hover your face over the bowl and cover your head with a towel. Breathe in. Note: don't ingest eucalyptus oil, and avoid applying it directly to your skin; if it's undiluted it could cause irritation.



NEW ZEALAND

Manuka Honey

Helps Many Ailments For centuries the Maori people of New Zealand have relied on the bark and leaves of the manuka bush—native to the island nation and sometimes called a tea tree—for its health-giving properties. More recently, the honey made from its white or pink flowers has become the star: research, including a 2018 study from the U.K., shows this type of honey has much higher levels of antibacterial and wound-healing compounds than others. It has antimutagenic (decreasing or preventing genetic mutation), antioxidant and anti-inflammatory qualities.

Research from Cardiff University showed that components of manuka honey can stimulate immune cells, therefore increasing our ability to fight bacteria. (It's especially effective against a strain of streptococcus.)

Recently, scientists at Aston University in Birmingham, England, combined manuka honey with the antibiotic amikacin to develop a potential new treatment for a lung infection caused by the bacteria *Mycobacterium abscessus*. By combining manuka honey with an existing therapy, researchers believe they have found a way to kill off the bacteria with less of the drug and, as a result, fewer side effects.

MEXICO

Arnica

Reduces Bruising Arnica is popular in Mexico, says *Reader's Digest* editor Luis Eduardo Pineda in Mexico City. "I played basketball when I was a kid, and sometimes my fingers would get painfully bruised. My mother would rub them with arnica balm, and in a few days the bruising would be gone." These days, he uses it for sore muscles. "I keep arnica balm in my first aid kit."

Anti-inflammatory arnica, a herb from the same family as asters and daisies, is said to reduce swelling and bruising. A 2013 review of 174 people with hand arthritis found that arnica gel reduced pain and improved function in the hand as effectively as an ibuprofen gel. Since arnica can be poisonous, it should not be taken orally.

Aloe Vera

Relieves Burns Pineda has another go-to remedy: aloe vera, or *sábila*. A review of four studies from Asia, published in the journal *Burns*, concluded that aloe mucilage (the gelatinous substance inside its leaves) and some aloe products can accelerate healing of minor burns several days faster than conventional medication.

"Recently, I grabbed the handle of a hot pan," recalls Pineda. "But I have an aloe vera plant, so I got relief quickly."

UNITED STATES

Cranberries

Prevent UTIs Originally consumed by Indigenous peoples to treat bladder and kidney diseases, cranberries were later used by early settlers to North America for a variety of conditions, including appetite loss, stomach problems, blood disorders and scurvy. Their most popular use, however, has been for the prevention and treatment of urinary tract infections (UTIs), although research has been mixed on the effectiveness of cranberry for this purpose.

Initially thought to work by making urine acidic enough to kill E. coli, which is the type of bacteria that commonly causes UTIs, cranberry is now more widely accepted as a way to

prevent UTIs rather than to treat them. That's because researchers believe a compound found in cranberries helps prevent E. coli-causing bacteria from adhering to the cells that line the urinary tract.

In a 2019 study published in the *Journal of Natural Products*, researchers identified cranberry oligosaccharide, a complex carbohydrate, in the urine of female pigs who were fed dried cranberry powder. Further research is needed, but scientists are closer to understanding how cranberry consumption prevents bacterial adherence to the urinary tract, and these oligosaccharides are thought to play a significant role.



FINLAND

Sauna

Boosts Circulation "The steam sauna has been a Finnish tradition for hundreds of years, and most Finns go regularly," says Ilkka Virtanen, the Helsinki-based editor of *Reader's Digest*. "It's good for heart health."

A sauna is typically a room heated up to 90 C. When a person sits sweating in one, their heart rate increases, as does blood flow in the skin, boosting circulation as much as low to moderate exercise does. Risk of heart attack and stroke are reduced, according to a 2015 study of Finnish men published in the journal *JAMA Internal Medicine*. (That research also showed that sitting in a sauna two to three times a week lowers the risk of dying from any cause by 24 per cent.)

Regular sauna sessions not only lower cardiovascular disease risk, they may also benefit adults with existing heart disease. A 2021 study published in the *Canadian Journal of Cardiology* found that a typical Finnish sauna session—about 10 minutes—acutely improved blood vessel health and reduced blood pressure in adults with stable coronary artery disease.

Another study showed that 15 minutes a day in a sauna, five days a week, may help ease mild depression. If you're new to the sauna, start with five or 10 minutes, gradually increasing, if you wish, to 20 minutes. Drink plenty of water and avoid alcohol; it causes further dehydration. And if you have heart disease or blood pressure issues speak to your doctor first about whether a sauna is safe for you.

MODERN ROMANCE



SUSAN CAMILLERI KONAR

"How many times do I have to tell you that two Mr. Wrongs don't make a Mr. Right?"

If you have your first date at a coffee shop or a bar, the staff should be able to come over and tell you both that it's not working.

—@AMELIAELIZALDE

If you text "I love you" to a person and the person sends back an emoji, no matter what that emoji is, they don't love you back.

—CHELSEA PERETTI, *comedian*

Delayed Response

Apparently, when your wife is not talking to you, the best time to ask her what's wrong is not three days later.

—@MILIFEASDAD

I like a woman with a head on her shoulders. I hate necks.

—STEVE MARTIN, *comedian*

True Colours

Before you marry a person, you should make them use a computer with slow Internet to see who they really are.

—WILL FERRELL, *actor*

So when she said she wanted a "fairy-tale" romance, she didn't *actually* want me to eat her grandma or lock her in a tower? Dating is hard.

—@GUPTON68

The first rule of maintaining a healthy marriage while parenting an infant is that nothing that's said between 1 a.m. and 5 a.m. can be held against you.

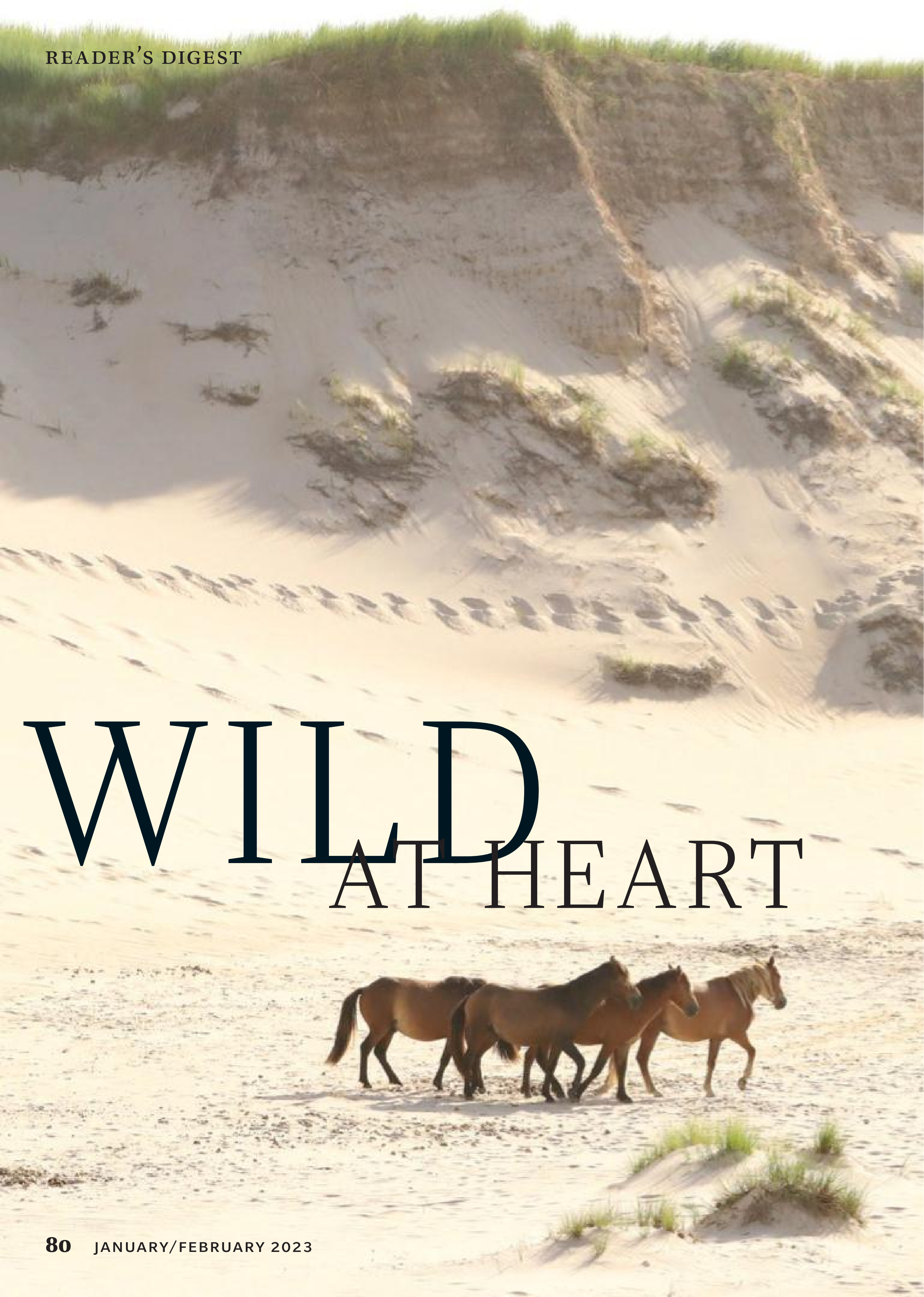
—@DADPICKUPLINE

Love Listings

Buying a house has proven to be a lot like dating: all the really good ones aren't even on the market and the rest need a lot of repairs.

—@ITSSAMG

Send us your original jokes! You could earn $50 and be featured in the magazine. See page 7 or rd.ca/joke for details.



WILD AT HEART



The feral horses of Sable Island occupy a powerful place in the public imagination. What is the cost of continuing to let them roam free?

BY Moira Donovan FROM *HAKAI MAGAZINE*

What is it that's

so compelling about the wild horses of Sable Island? Maybe it's that they turn up where horses have no right to be—grazing on a dune or standing on a beach beside the speckled form of a grey seal—on an ever-shifting sickle of sand in the Atlantic Ocean, roughly 155 kilometres from Nova Scotia.

Sable Island, a narrow 49-kilometre-long sandbar situated at the intersection of ocean currents, is a very particular environment. Its recorded history, which dates back to a ninth-century Icelandic saga and its mapping by Portuguese sailors in the 1500s, is littered with accounts of deadly shipwrecks on the island's treacherous shoals.

Since the 20th century, nothing has done more to bolster Sable Island's mythic status than its population of roughly 500 free-roaming horses, whose ancestors were abandoned there in the 1700s. Images of the horses pop up everywhere from coffee table books to decorative scarves; there are documentary films and children's books about them. These creations rest on an understanding of the horses as a symbol of wildness, in tune with their ecosystem.

Yet the extent to which that ecosystem is in tune with them is something of a mystery. To address that, scientists have embarked on a multi-year study of the horses' relationship to the island's ecosystems, a project titled Fences in the Sand by officials with Parks Canada and the Sable Island Institute. "There's no question that horses are affecting the landscape," says Dan Kehler, park ecologist for Sable Island National Park Reserve. "I think the question for us is, what are the consequences of some of those effects?"

THE HORSES MAY BE Sable Island's most famous residents, but they're not its only inhabitants. Over the centuries, human settlements have come and gone; now, along with seasonal researchers, a number of rare bird and invertebrate species live there, as does the world's largest breeding colony of grey seals, some 310,700 strong. That's up from approximately 2,300 in the 1960s. Seal numbers are now so prodigious that some researchers theorize they're changing the vegetation of the island, as their poop and carcasses provide additional nutrients for plants.

Scientists believe those nutrients could be increasing the number of horses, as better-quality food becomes available, although a direct relationship hasn't yet been established. What is certain is that the number of horses has risen dramatically in recent decades, from about 180 in the early 1960s, when they were first protected, to between 500 and 600 today. The increased presence of so many grazing animals has had an undeniable impact—more trails

(PREVIOUS SPREAD) SARAH MEDILL/PARKS CANADA

carved through the dunes, more vegetation worn down by chomping teeth—but what's less clear is what role this plays in the broader changes underway on Sable Island.

Kehler knows just how broad those changes can be. In 2016, his first winter working for the park, six kilometres of sand and vegetation disappeared from the island's eastern tip after a spate of storms. It wasn't the first time Sable Island had undergone major change: in the 18th century, a large saltwater lagoon existed in the centre of the island, but it has since filled with sand and disappeared. In the 19th century, the main life-saving station—part of a group of staffed stations that once existed to rescue anyone shipwrecked on the island's shores—had to be moved several times due to erosion.

Human attempts to stave off the island's shape-shifting have never had much impact; in the early 20th century, officials from the life-saving station planted a mix of conifers, deciduous plants and fruit trees—some 83,000 seedlings, as well as pine seeds—to address accelerating erosion. None of the trees survived.

"It is very hard to study anything in isolation on Sable Island because it's a place that's at the mercy of oceanic forces," Kehler says. "So being able to tease out the horse signal is challenging." Still, a team of researchers is trying to do just that, hoping to understand how the horses shape the island's landscape and ecology. Of particular concern are the island's half-dozen endemic species, such as the threatened Sable Island sweat bee (discovered only in 2010) and the Ipswich sparrow (which breeds almost exclusively on Sable Island).

In the summer of 2021, Krista Patriquin, project coordinator for Fences



The descendants of Sable Island's original herd can be considered invasive or naturalized, depending on your point of view.

SARAH MEDILL/PARKS CANADA

in the Sand, spent two months on the island gathering baseline information—data on everything from the soil up, she says. Then, in the fall, she and a team of volunteers spent two weeks pounding fence posts and stringing electric fencing across the island's rolling topography. These nine exclosures establish areas the horses can't enter. Those plots will be studied over the next four years to assess changes to dune stability and soil content, pond vegetation and water quality, and habitat for at-risk species in areas where horses can't tread.

While Kehler says recommending management approaches for the horses is not the focus of the study, the question of managing the herd is longstanding. The project offers a glimpse into the very real complexities of controlling a population whose wildness exercises a commanding hold over the public imagination.

AN EYELASH OF SAND in the North Atlantic is an unlikely spot to find livestock, but since the 1500s, Sable Island has periodically played host to a reserve supply of sheep, cattle and pigs for sailors cruising the coast, as well as dogs, cats and rabbits from the island's short-lived settlements.

As the horses' origin story goes, they're likely the descendants of animals left on the island in the 1700s by a Boston merchant named Thomas Hancock, who used the island to stash horses he'd either bought or stolen after the British expelled the Acadians from Nova Scotia and forced them to leave their livestock behind.


Sable Island's horses have a life expectancy of four and a half to six years.

In subsequent centuries, the superintendents of the island's life-saving service, which operated from 1801 to 1958, occasionally introduced new horses to "improve" the population, but the horse transfer often went in the other direction, with portions of the herd rounded up for slaughter or sold on the mainland as work animals.

Then, in 1960, the horses experienced an abrupt reversal of fortune. Prompted in part by fears that the horses were damaging the island, as well as concerns for their welfare, the federal government planned to remove the horses. The plan unleashed a torrent of public opposition that resulted in Prime Minister John Diefenbaker

SARAH MEDILL/PARKS CANADA



(MAP) SHUTTERSTOCK.COM/RAINER LESNIEWSKI

protecting the horses under the Canada Shipping Act in 1961.

Since then, the horses have existed as an entirely unmanaged population, but the debate between ecologists, government officials and animal lovers over what to do with the herd—whether to remove it, manage its numbers or leave it alone—has never gone away.

In 1998, a report by the Canadian Wildlife Service recommended further study of the horses' effects on the island's stability, as well as possible management of the herd. But it also noted that "the feral horses have come to personify Sable Island, so decisions which affect their well-being will be subject to close public scrutiny."

The debate became even more relevant when the island joined Canada's network of national parks in 2013. In public consultations leading up to the designation, support for the park was closely tied to the promise of continued protection of the horses.

"It's an interesting case because you have two defining schools of thought that are in conflict," says Ian L. Jones, a marine bird biologist at Memorial University in Newfoundland and Labrador. On the one hand, there's Parks Canada's commitment to the herd. On the other are Parks Canada's policies, which mandate preserving ecological integrity, and the concept of remote-island conservation, where the ecology of remote islands is defined by the absence of introduced species.

Jones says a relevant comparison to Sable Island is Guadalupe Island, off the western coast of Mexico. In 2007, officials finished removing the feral goats that had become the dominant ecological force on the island; since then, native plants, including some thought to be extinct, have returned. Another example is the ongoing removal of deer, raccoons and other non-native species from the Haida Gwaii archipelago off the coast of British Columbia. From Jones's perspective, the same thinking must be applied to Sable's horses.

"They are invasive. They are introduced," he says. "Just like all kinds of other things that are being controlled in various national parks."

But the question of whether the horses are truly invasive is also complex.

A 2014 report titled "An Ecological and Biodiversity Assessment of Sable

Island," prepared for Parks Canada by biologists from Dalhousie University and other institutions, notes that while the view of some ecologists that the horses are invasive is supported by compelling evidence, public opinion leans in a different direction.

"The majority of Canadians feel that the horses have become an integral component of the Sable Island ecosystem and that they are worthy of protection," the authors wrote. Parks Canada's official position is that the horses are a naturalized species—a non-native species that has existed in an ecosystem for some time—so they protect the horses as wildlife. Ultimately, the assessment concludes that arguments for and against the horses' removal are shaped in part by emotions.

One area of focus of Parks Canada's Fences in the Sand study is the island's freshwater ponds, which in some places were starting to look like they had "well-used pasture" along their shores, according to another report.

Changes are also taking place within the ponds themselves. Since 2019, Andrew Medeiros, a freshwater ecologist at Dalhousie University, has been sampling the ponds to reveal how they have changed over centuries. The results suggest there are differences in pond biodiversity over time, as the vegetation around the ponds changes. Still, it's hard to say how much of this is from horses and how much is due to factors like storms shifting the island's sands.

The impact of horses might be more apparent in the increased abundance of invertebrates in some ponds, potentially because the horses' droppings can boost the growth of algae, which, in turn, many invertebrates eat. The presence of horses may also be shaping invertebrate life in another way: it's unusual for a high number of invertebrate parasites to be in ponds without an animal host to transfer them there, says Medeiros. "I've never seen so many parasites before in my entire career."

IF NOT FOR THE HORSES, PEOPLE WOULDN'T CARE ABOUT A SANDBAR IN THE NORTH ATLANTIC.

Medeiros cautions it's too soon to say for certain whether horses are the source of these changes; birds or seals could be responsible. Regardless, other research has shown the Sable Island horses are carrying a parasite load far higher than that of domestic horses; one study suggested this may contribute to starvation in lean times.

(The horses have an average life expectancy of about six years for males and four and a half for females. By contrast, wild horses on a barrier island in North Carolina's Cape Lookout National Seashore live, on average,

for 11 years, and a domestic horse can live between 25 and 30.)

Medeiros stresses he's an aquatic ecologist, not a horse biologist, but given the pressures on the population, he is not surprised that people wonder why the horses are left to run wild. "We manage deer at Point Pelee National Park and moose in Gros Morne National Park. Why aren't the horses on Sable Island managed? Maybe it's because of people's perception. They want them to be unmanaged."

Proponents of leaving the horses unmanaged point out that the island's ecology has changed alongside the horses, and in a way, this applies to ponds, too. Across Sable Island, freshwater ponds blink in and out of existence. Of the ponds Medeiros has studied, only one predates the 20th century. That pond is from the 1700s, but since the horses arrived at that time, too, establishing a pre-horse baseline against which the freshwater ecosystems could be measured, let alone restored, is tricky.

All of this raises a broader question: if the Sable Island horses are a naturalized species, which version of Sable Island do they naturally inhabit? The one prior to European arrival; the Sable Island of the present day; or the island of the future, which climate change is likely to reshape in far more dramatic ways than the horses have?

Perhaps the iteration they're most central to—which, for an environment as mutable as Sable Island, may be the most enduring version—is the island that exists in the public imagination.

If it weren't for the horses, people likely wouldn't care as much about a sandbar in the North Atlantic, and species like the Sable Island sweat bee wouldn't capture enough attention to justify the federal government spending hundreds of thousands of dollars learning about them. That research, while sparked by the horses, will ultimately provide information about the island's lesser-known species and the planetary forces reshaping the landscape. In that way, the horses may yet prove critical to Sable Island's future.

For the past several years, Geordie Mott—the great-great-grandson of a former superintendent of the island—has been running photography tours there. He says most of his clients come to watch the horses roam, but once they've flown to Sable, Mott tells them stories. He talks about the battering the island is taking from climate change, the prevalence of plastic on the island's shores, and the long history of human interaction with what some assume is an untouched stretch of wilderness.

It's a reminder of the far-reaching influence of humans on the planet's fragile and unique places—a story to which the horses of Sable Island, wild or not, are inextricably linked. R

© 2022, MOIRA DONOVAN. FROM "HORSES OF SABLE ISLAND," *HAKAI* (JULY 26, 2022), HAKAIMAGAZINE.COM

READER'S DIGEST

TV CLUB



Plan B

Cozy up with six of this winter's most anticipated new shows

BY Courtney Shea

PLAN B

Best known as the legal whiz who wooed a certain future duchess on *Suits*, Patrick J. Adams is back in another romantic lead role, this time opposite Karine Vanasse, Quebec's answer to Claire Danes. The pair play a couple who have split when Adams's character gets a chance to travel back in time and revisit some of his poor choices. Things get complicated when he realizes his past actions have present-day consequences (clearly *someone* hasn't heard of the butterfly effect).
CBC, February 27

ANNE RICE'S MAYFAIR WITCHES

A young neurosurgeon must return home to New Orleans after her mother dies, and what she finds at the old mansion is, well, a lot more burdensome than dust bunnies. Contending with her family's supernatural legacy does not come easily to a woman of science, played by Alexandra Daddario (the newlywed with the horrible husband in *The White Lotus*). Expect ghouls, goblins and potential crossover plots with *Anne Rice's Interview with the Vampire*, which exists in the same universe and premiered last year as a TV series.
AMC, January 8

DANNY G. TAILLON/CBC

COOK AT ALL COSTS

It's *Top Chef* meets *Deal or No Deal* as amateur epicures bid against each other for the best ingredients. But before you reach for the truffle oil, there's a catch: the home cook with the winning dish gets to keep whatever cash they didn't spend. So maybe flank steak really is as good as a filet mignon. Canadian chef Jordan Andino (of *Late Nite Eats* on the Cooking Channel) leads a cast of rotating judges.
Netflix, December 16

ACCUSED

This legal anthology series that looks at crime from the defendant's point of view is based on a BAFTA-winning BBC series of the same name—and nobody does crime drama quite like the Brits. According to executive producers Howard Gordon and Alex Gansa (who co-created *Homeland*), episodes will feature thorny plotlines tackling contemporary issues around race, gender, income inequality and social-media FOMO. Also, plenty of famous faces: Rachel Bilson, Abigail Breslin, Michael Chiklis, Margo Martindale and Molly Parker, to name a few.
Check listings for network, January 22

1923

Yellowstone—a neo-western starring Kevin Costner as the patriarch of modern-day ranch royalty in Montana—was one of the most-watched shows in the United States (usurped only by football game broadcasts on Thursday and Sunday nights) from 2021 to 2022. So a spinoff was a no-brainer. This one is a prequel, set against a backdrop of a pandemic, Prohibition and the Great Depression. Also, it stars two more Oscar winners, Harrison Ford and Helen Mirren, as members of the Dutton clan and forebears of Costner's character.
Amazon Prime and Paramount+, December 18


Riches

RICHES

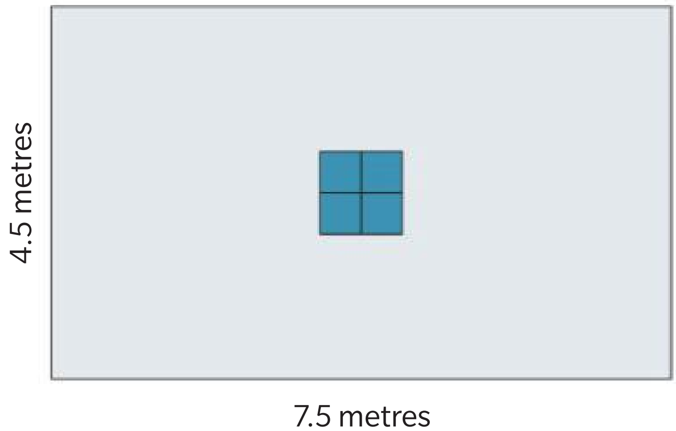
When their patriarch drops dead, members of the Richards family are left to negotiate the future of his cosmetics empire—and things get ugly even before the coffin is in the ground. Basically it's *Succession* with chicer outfits, better hair, and action on both sides of the pond. Creator and writer Abby Ajayi has called the series a love letter to Black London. Her previous credits (*Inventing Anna* and *How to Get Away with Murder*) tell us she's well versed in writing about diabolical women.
Amazon Prime, December 2

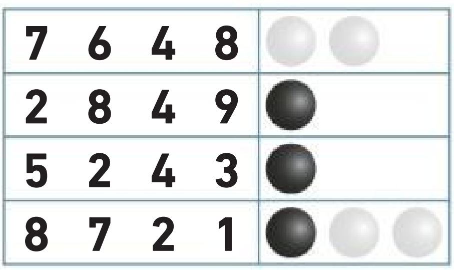
DAVID HINDLEY/PRIME VIDEO/AMAZON STUDIOS

BRAINTEASERS

Four to the Floor

Medium Serena needs to finish covering this entire floor with more of the same 0.5 x 0.5-metre tiles that have already been installed around its centre point. Assuming she's equipped to cut straight lines through her tiles and that she's going to leave the first four adhered in place, what's the minimum number of additional tiles she will need?





Spymaster

Difficult Deduce a secret number made of four different digits 1 through 9. The chart shows four guesses at the number, and a score for each guess using marbles. Any digit that appears in the secret number in the same position as in the guess is scored with a black marble. Any digit that appears in the secret number in a different position than in the guess is scored with a white marble. Any digit that is not in the secret number does not get a marble. It's up to you to determine which digits are indicated by the marbles. What is the secret four-digit number?

Concert Giveaway

Medium In this addition alphametic, each digit has been replaced with the same letter everywhere it appears. None of the leading digits is zero. Can you reconstruct the addition?

```
   F R E E
+    T E E
 ---------
 S H I R T
```

FOUR TO THE FLOOR BY SAMANTHA RIDEOUT; SPYMASTER AND CONCERT GIVEAWAY BY FRASER SIMPSON

Cross Purposes

Medium These crosswords are small, but they have problems: across and down clues aren't marked (and could be in either order). The words don't quite cross—the letter each word wants in the crossing square is different. You can, however, rescue the situation by writing a brand new letter into the box to make two new words. The unaffected letters for each puzzle are provided to help. The affected final letters spell a word from top to bottom.

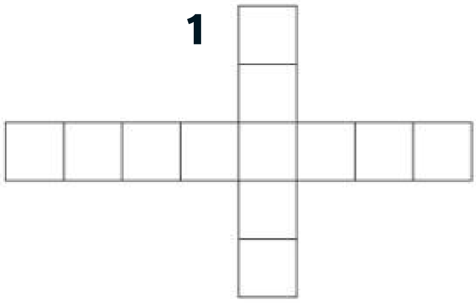
1. Balance; elegance / One who damages the environment

2. Reached the top of a wave or hill / Split pea or alphabet

3. Chemical concoction with low pH / Far away

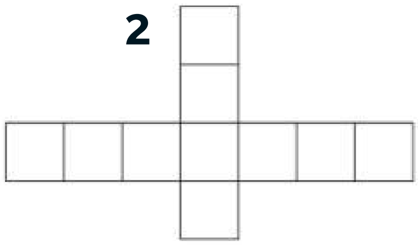
4. Get smaller / Straighten

1



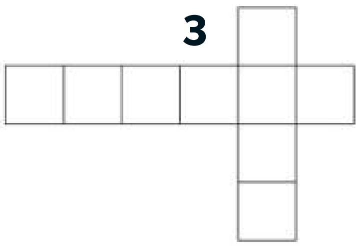
EELLOO PPRST

2



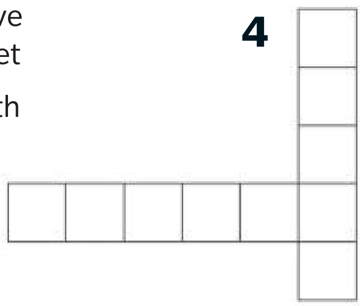
CDEEO PRST

3



ADEE IMOR

4



AHIIL NNRS

Winter Reading

Easy Five cousins competed to see who could read the most books over winter break. From the following clues, determine who won. (Assume no ties.)

Kids:
Alvin
Barto
Chihiro
Lahari
Mathieu

Clues
- Chihiro read one more book than Mathieu did.
- Mathieu read more than Alvin but less than Lahari.
- Alvin did not finish last.

For answers, turn to **PAGE 95**

CROSS PURPOSES BY DARREN RIGBY; WINTER READING BY EMILY GOODMAN

TRIVIA

BY Samantha Rideout

1. What condiment was in short supply last year across France, despite being named for a French city?

2. Who recently became the third person to earn a billion dollars by making movies, joining Steven Spielberg and George Lucas?

3. What was the ninth-century Japanese Emperor Uda describing when he wrote, "When it lies down, it curls in a circle like a coin"?

4. Players in what professional sports league perform such signature celebratory moves as "Ice in My Veins," "Night Night" and "The Silencer"?

5. What tabletop-game franchise of *Stranger Things* fame will get a new feature film this year?

6. The U.K.'s Norland College is known for training elite providers of what service?

7. Roughly 255 million years ago, India, Africa and Australia were all touching the land that is now which continent?

8. What Canadian Oscar nominee said, "Bullying puts you in a place where, later, you have so much unlearning to do"?

9. Which cetaceans recently began attacking small boats, sometimes sinking them?

10. How many cells do bacteria have?

11. What European city suffered a devastating earthquake in 1755?

12. Volunteers receive anaesthesia when they donate which of the following: blood, bone marrow or plasma?

13. What is the bestselling studio album by a solo female musical artist?

14. Zara Rutherford and her brother Mack recently became the youngest woman and person, respectively, to do what?



15. Ammonia, a fertilizer compound crucial to global food production, is made by extracting which element from the air?

ISTOCK.COM/HAZAL AK

Answers: 1. Dijon mustard. **2.** Peter Jackson. **3.** A cat. **4.** The NBA. **5.** Dungeons & Dragons. **6.** Nannying. **7.** Antarctica. **8.** Elliot Page. **9.** Orcas. Scientists don't fully understand this behaviour, but it may be a playful "fad." **10.** One cell each. **11.** Lisbon. **12.** Bone marrow. **13.** Shania Twain's *Come on Over*. **14.** Fly solo around the world. **15.** Nitrogen.

WORD POWER

Take a bite out of these sweet-talking words, straight from the dessert cart

BY Beth Shillibeer

1. praline—A: chocolate-covered cherry. **B:** unsweetened Lenten biscuit. **C:** confection of nuts cooked in sugar.

2. fondant—A: smooth sugar paste. **B:** whipped cream topping. **C:** melted chocolate, or other sauce, for dipping.

3. petit four—A: four-tiered dish for dessert displays. **B:** desserts eaten in the afternoon. **C:** small, sweet cakes.

4. dulcify—A: sweeten. **B:** dust with spice. **C:** remove shine.

5. ballotin—A: decorative chocolate box. **B:** balls stuffed with confections. **C:** spun sugar sweets.

6. enrober—A: machine that wraps candies in paper or foil. **B:** machine that coats items with chocolate. **C:** machine that boxes candies.

7. nibs—A: pieces of crushed cocoa beans. **B:** cake decorator tip for writing with icing. **C:** licorice candies.

8. blancmange— A: white chocolate. **B:** French cream whipped with melted marshmallows. **C:** milk-based gelatinous pudding.

9. kulfi—A: sweet conserves, as in chutney. **B:** sprinkled icing sugar mixed with saffron or other spice. **C:** Indian milk-based frozen dessert.

10. sugar bloom— A: point of heating where sugar caramelizes. **B:** white crystals on chocolate surface formed due to humidity. **C:** rush of endorphins released on eating chocolate.

11. conching—A: mix and smooth chocolate paste. **B:** cut, mold or shape marzipan. **C:** churn and blend ice cream.

12. magra—A: waste product of cocoa bean processing. **B:** tool used to open cocoa beans. **C:** mature cocoa plant ready to harvest.

13. trembleuse—A: specialized apron for confection makers. **B:** cup and saucer for drinking chocolate. **C:** thermometer.

14. kakigori—A: Japanese seller of sweets. **B:** traditional Japanese sweet rice cake. **C:** Japanese shaved ice dessert.

15. bain marie—A: tub for freezing ice cream. **B:** double boiler pot. **C:** pudding mould.

WORD POWER ANSWERS

1. praline—C: confection of nuts cooked in sugar; as, Jerome loved all kinds of *pralines*: hazelnut, almond and pecan.

2. fondant—A: smooth sugar paste; as, Anita made white and yellow *fondant* to use as filling for her homemade chocolate Easter eggs.

3. petit four—C: small, sweet cakes; as, Lisa took her mother to enjoy *petits fours* at the afternoon tea.

4. dulcify—A: sweeten; as, Selena added milk chocolate sauce to *dulcify* the poached pears.

5. ballotin—A: decorative chocolate box; as, Mila liked to buy chocolates in fancy *ballotins* as gifts.

6. enrober—B: machine that coats items with chocolate; as, The chocolaterie used an *enrober* to cover fruit, nuts and honeycomb confections with chocolate.

7. nibs—A: pieces of crushed cocoa beans; as, Raw or roasted cocoa *nibs* are the most nutritious form of chocolate.

8. blancmange—C: milk-based gelatinous pudding; as, The rabbit-shaped *blancmange* looked adorable on its platter.

9. kulfi—C: Indian milk-based frozen dessert; as, On hot days, Navya loves to cool down with a cardamom-flavoured *kulfi*.

10. sugar bloom—B: white crystals on chocolate surface formed due to humidity; as, Jenny decided not to offer the chocolate to her guests, because it had developed a *sugar bloom* in the fridge.

11. conching—A: mix and smooth chocolate paste; as, Paulo was taught that longer *conching* makes better chocolate.

12. magra—B: tool used to open cocoa beans; as, The inspector used his *magra* to open several cocoa beans.

13. trembleuse—B: cup and saucer for drinking chocolate; as, A *trembleuse* cup sits in a deep saucer to make it almost spill-proof.

14. kakigori—C: Japanese shaved ice dessert; as, Haruko sells *kakigori* with over 20 flavoured syrups to choose from.

15. bain marie—B: double boiler pot; as, A *bain marie* gives an even, gentle heat and prevents scorching.

CROSSWORD ANSWERS

FROM PAGE 96

F	S	U		T	V	T	A	B	L	E
A	O	L		H	A	I	R	B	O	W
M	I	L	T	O	N	E	S	Q	U	E
E	R	M	A			R	E	S	T	S
D	E	A	L	S	T	O				
	E	N	C	H	A	N	T	E	D	
				T	R	E	A	D	E	D
A	S	A	M	I			R	I	L	E
M	U	S	I	C	C	E	N	T	R	E
F	L	I	C	K	E	R		O	A	R
M	U	S	E	S	O	N		R	Y	E

BRAINTEASERS ANSWERS

FROM PAGE 90

Four to the Floor
Serena will need 131 more tiles.

Spymaster
5871

Concert Giveaway

```
   9 7 8 8
+    6 8 8
 1 0 4 7 6
```

Cross Purposes

POSSE / POLLSTER (shared S)
SOAP / CREATED (shared A)
AVID / REMOVE (shared V)
ALIEN / SHRINE (shared E)

Winter Reading
Lahari won, followed by Chihiro, Mathieu, Alvin and Barto, in that order.

SUDOKU

BY Jeff Widderich

				6		5	7	
			9		7			
		5			1		3	9
9						4	1	
			6		5			
	5	7						8
3	6		2			7		
			7		9			
	7	2		4				

To Solve This Puzzle

Put a number from 1 to 9 in each empty square so that:

✦ every horizontal row and vertical column contains all nine numbers (1-9) without repeating any of them;

✦ each of the outlined 3 x 3 boxes has all nine numbers, none repeated.

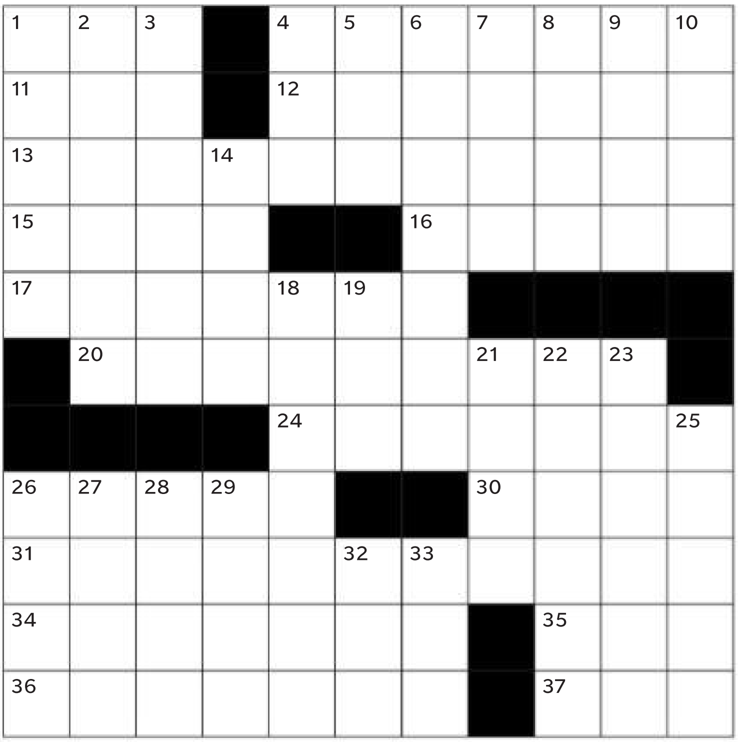
SOLUTION

1	9	8	4	6	3	5	7	2
6	2	3	9	5	7	8	4	1
7	4	5	8	2	1	6	3	9
9	8	6	3	7	2	4	1	5
4	3	1	6	8	5	9	2	7
2	5	7	1	9	4	3	6	8
3	6	9	2	1	8	7	5	4
5	1	4	7	3	9	2	8	6
8	7	2	5	4	6	1	9	3

CROSSWORD

Middle Piece

BY Derek Bowman



ACROSS

1 Tallahassee school: Abbr.
4 Light, folding tray holder
11 Pioneer Internet-service co.
12 Former signature accessory for JoJo Siwa
13 In the style of the poet of *Paradise Lost*
15 Writer Bombeck
16 Staff symbols
17 Gives a hand of cards
20 Spellbound
24 ___ water (stayed afloat)
26 "Likewise"
30 Really annoy
31 Calgary's Studio Bell, for one, or a hint to the five middle letters of 13- and 20-Across
34 Brief moment of hope
35 Dinghy need
36 Ponders
37 Whisky type

DOWN

1 Well-known
2 Late social event
3 Tracey of comedy
4 However, in a text message
5 Storage-facility rental
6 First level
7 Backside, in Bonavista
8 Cookouts, for short
9 Ill-mannered sort
10 Woolly mamas
14 Baby powder, formerly
18 Bits or gimmicks
19 Dark, gooey stuff
21 Small mountain lake
22 *OWL* or *Chickadee* post
23 ___ Beach (city north of Miami)
25 Caterpillar alternative
26 Car-stereo button
27 Takei's *Star Trek* role
28 With no option to return
29 Mickey and Minnie, e.g.
32 Corp. leader
33 West follower

For answers, turn to **PAGE 94**

Never too late for **LOVE!**

"Everything you wanted to know about late-life dating and mating and then some..."

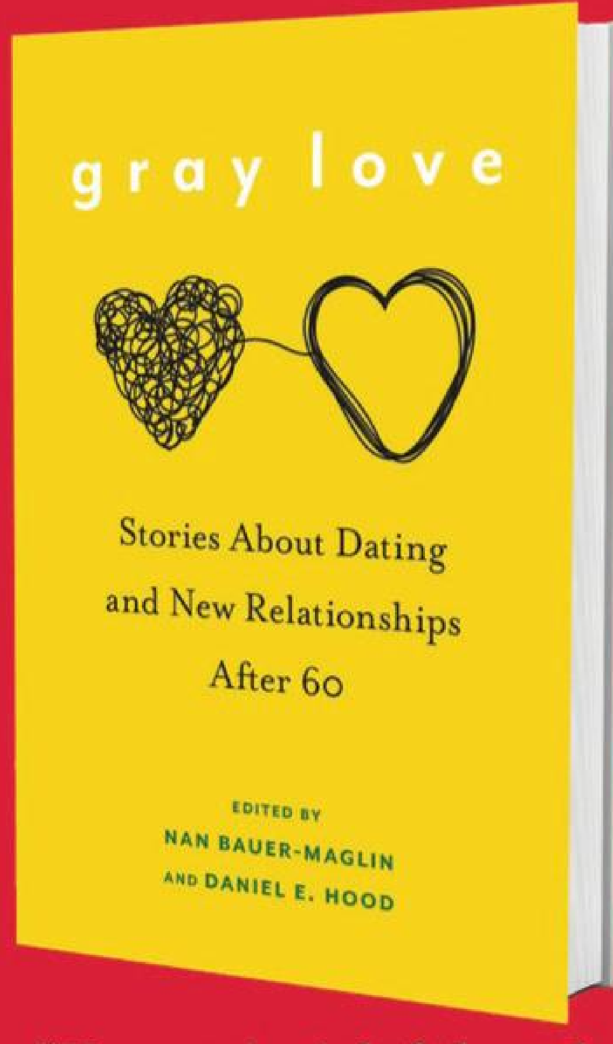
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